Get Up and Go!

1. **Jog 3 laps**
2. **Perform 15 perfect jumping jacks with a partner**
3. **Do 20 sit ups**
4. **Jog 3 laps**
5. **Perform 8 squat jumps**
6. **Do a plank on your forearms or hands, for a 15 second count**
7. **Perform 20 cherry pickers**
8. **Jog 1 lap and perform 3 burpees on each corner**
9. **Perform 10 air squats**
10. **Hop one 1 foot 12 times and then switch**
11. **Jump on both feet 25 times**
12. **Get a rink and start over at the top**

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