

**25 Burpees**

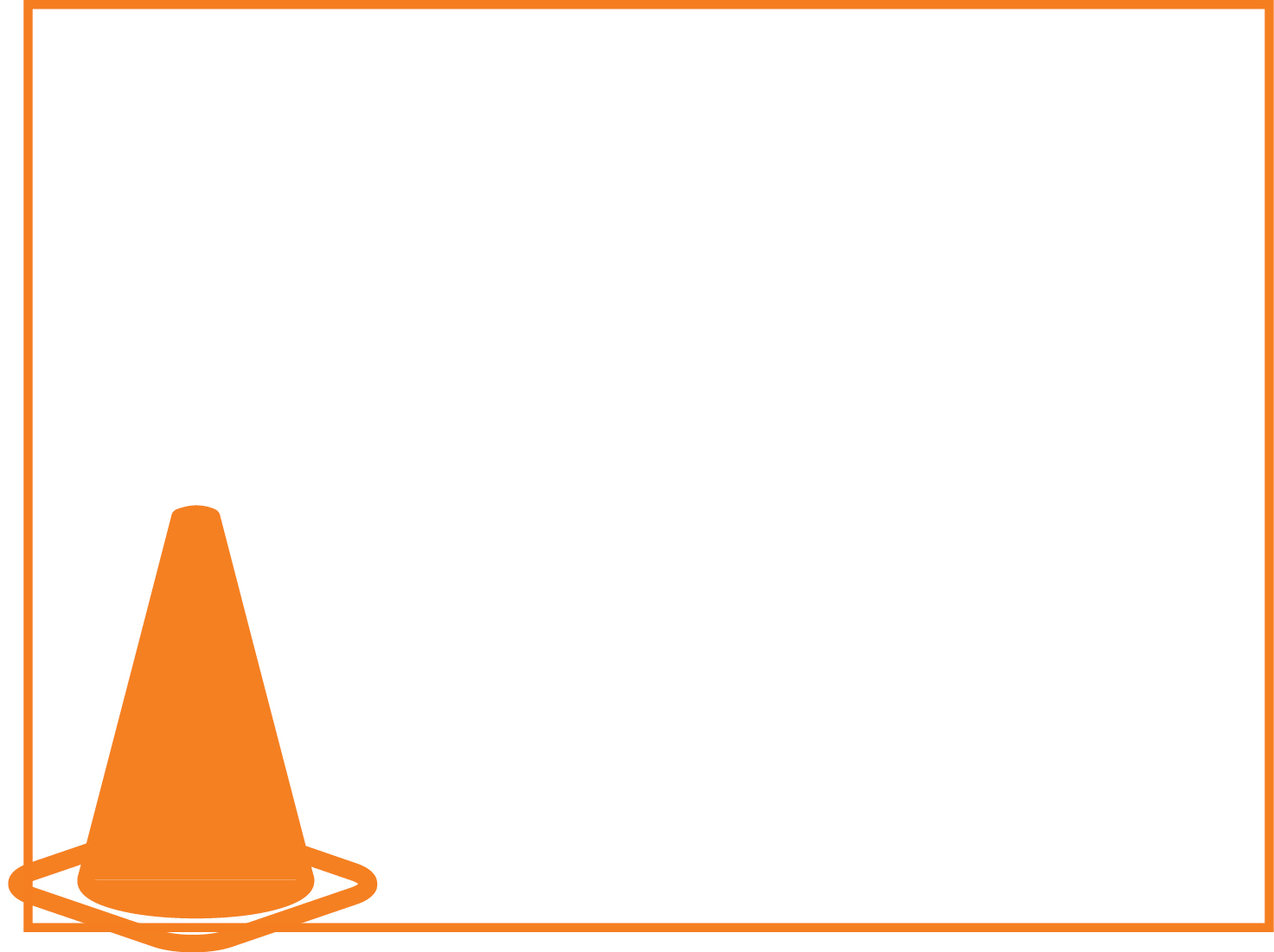
**[**[**Video Link**](https://darebee.com/exercises/basic-burpees.html)**]**



PACE STATION:

When complete,

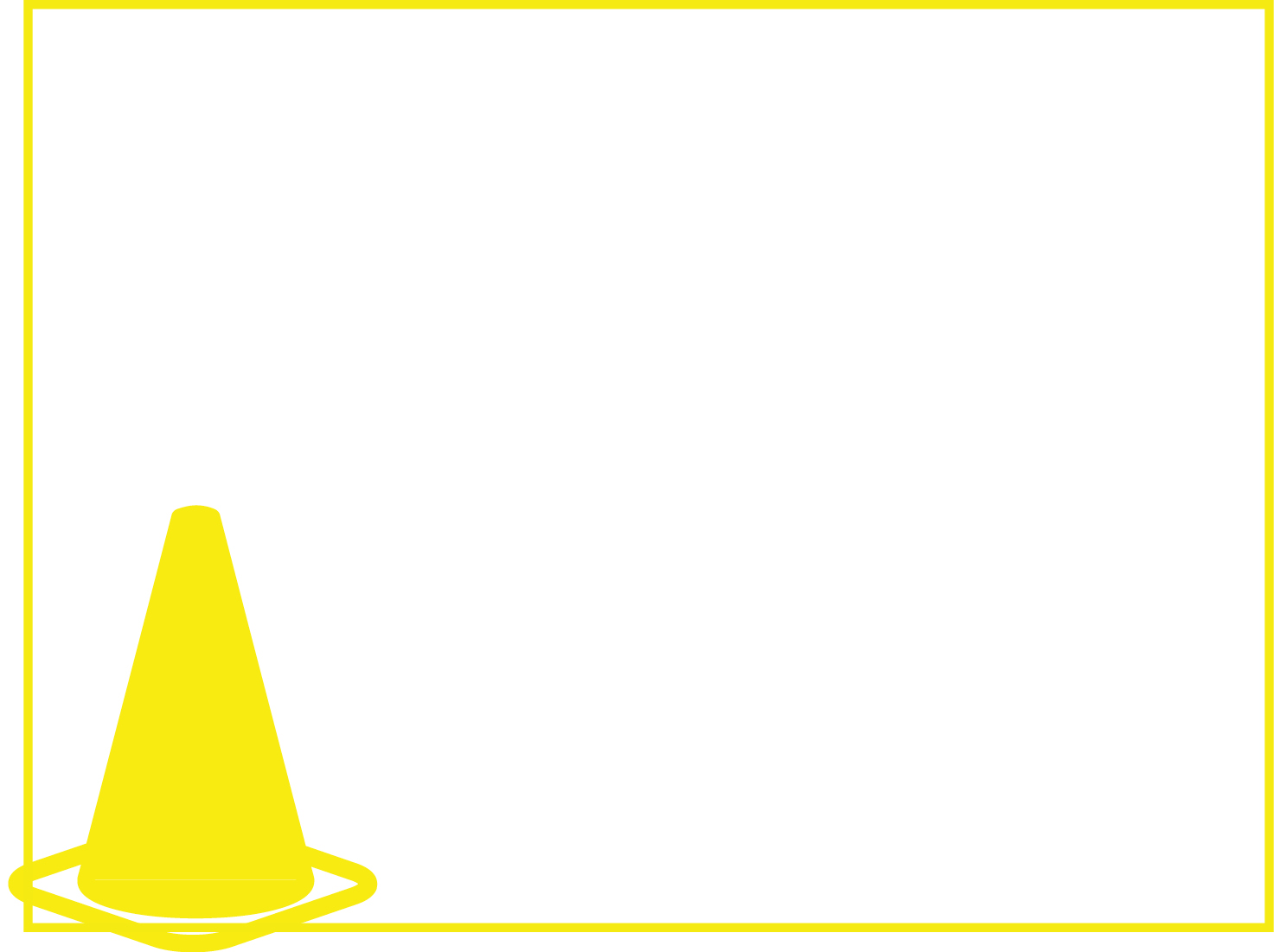
call out, “SWITCH!”



**Half Jacks**

**[**[**Video Link**](https://darebee.com/exercises/half-jacks.html)**]**

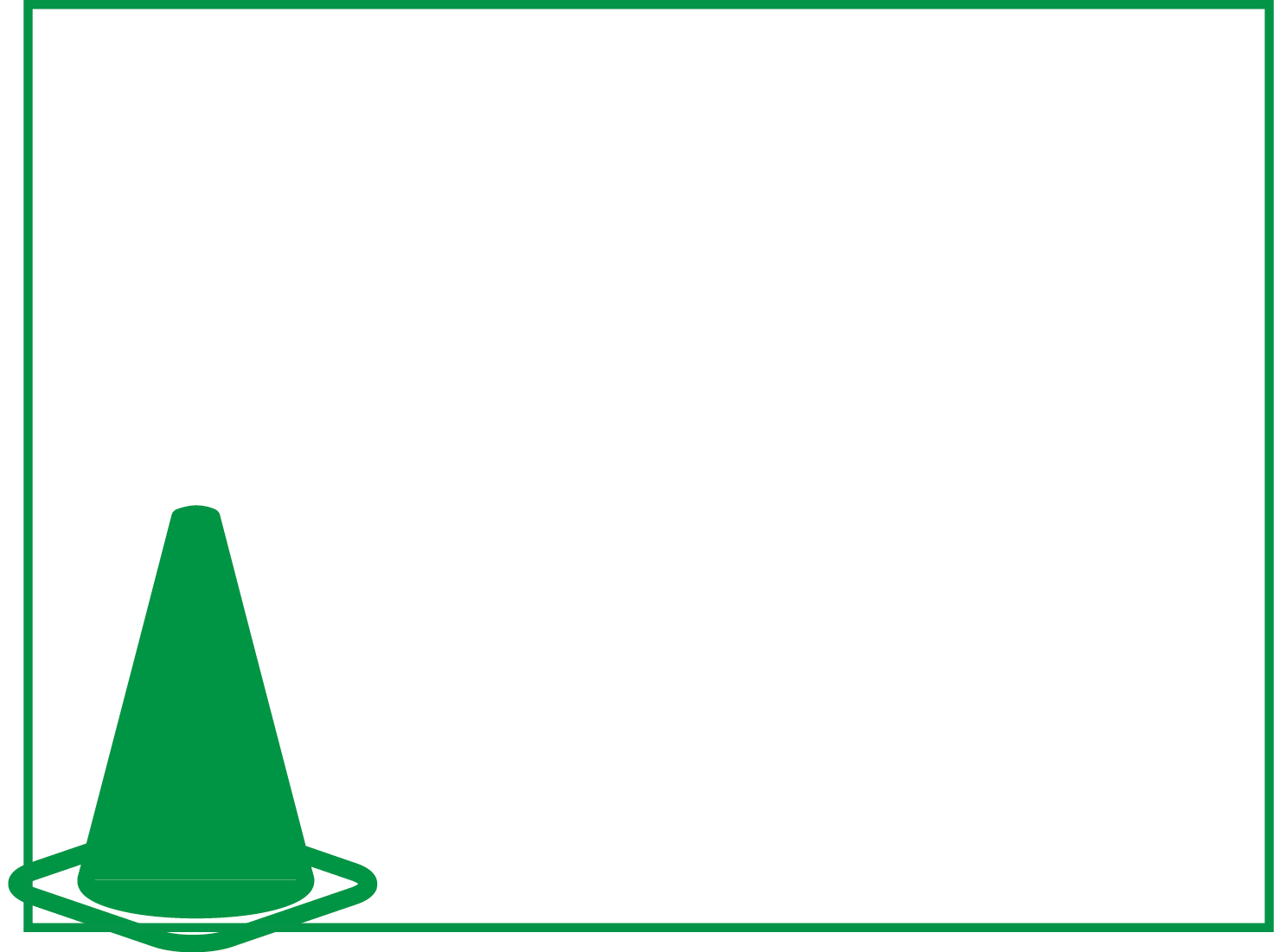






**Bridge Taps**

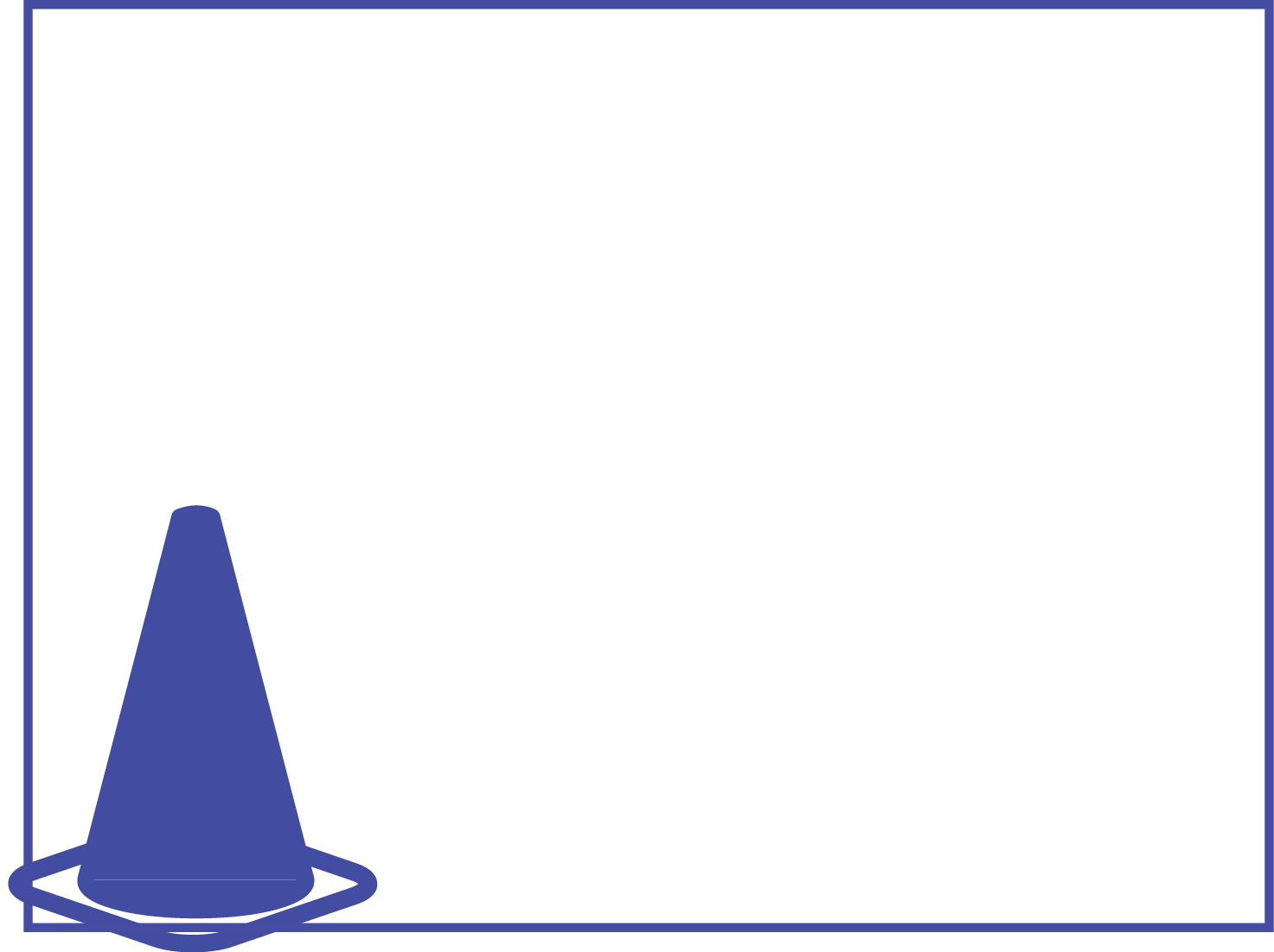
**[**[**Video Link**](https://darebee.com/exercises/bridge-taps.html)**]**



**Alt Arm / Leg Raises**

**[**[**Video Link**](https://darebee.com/exercises/arm-leg-raises.html)**]**

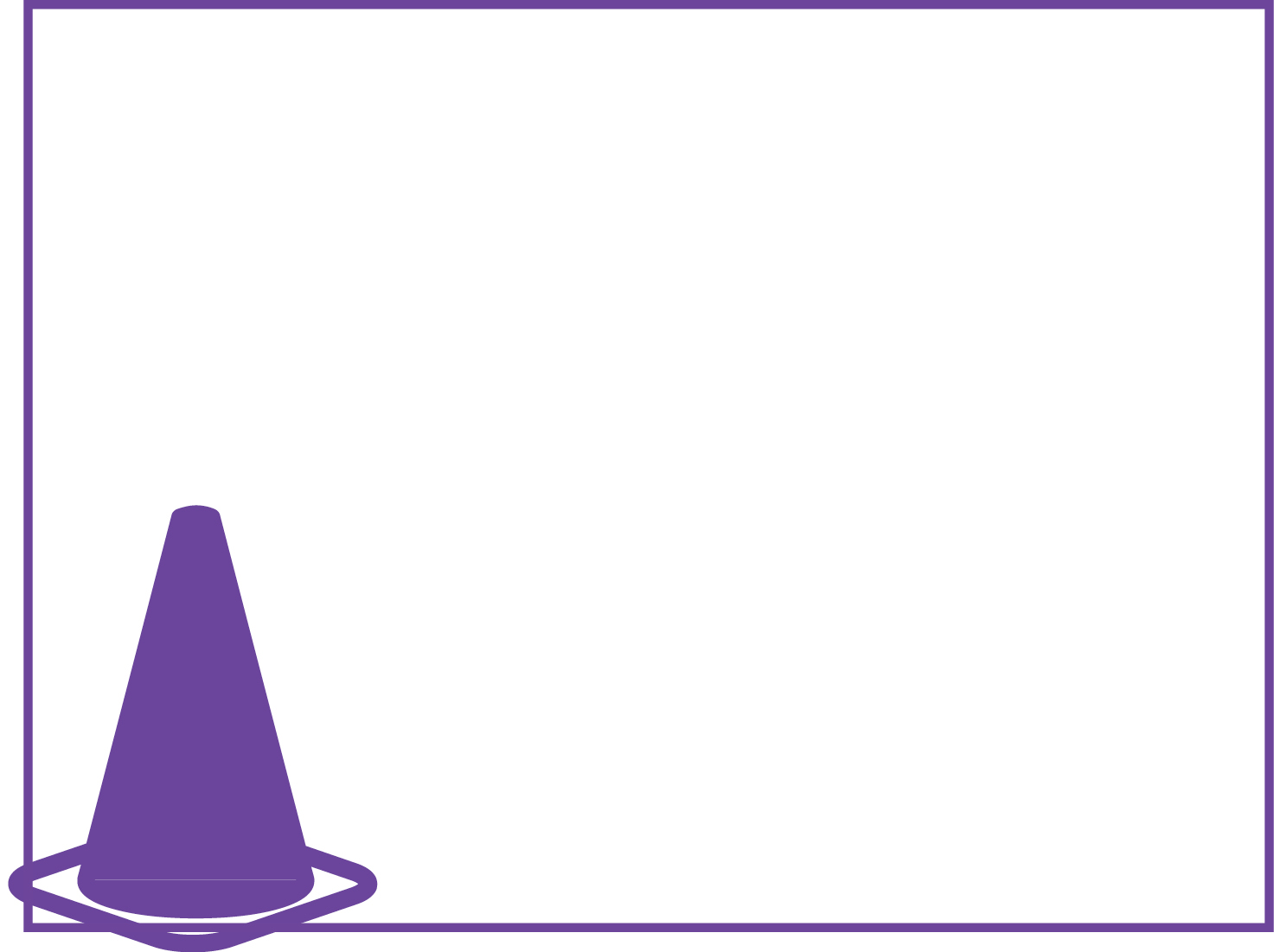




**Arm Scissor Chops**

**[**[**Video Link**](https://darebee.com/exercises/scissor-chops.html)**]**





**Toe Tap Hops**

**[**[**Video Link**](https://darebee.com/exercises/toe-tap-hops.html)**]**