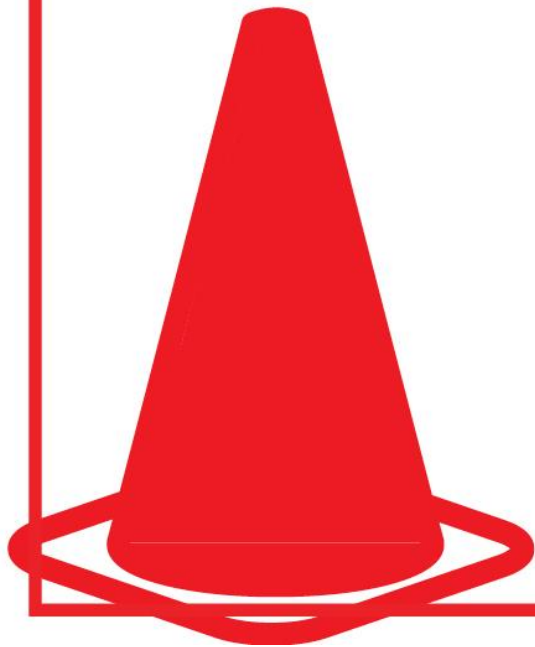


25 Burpees

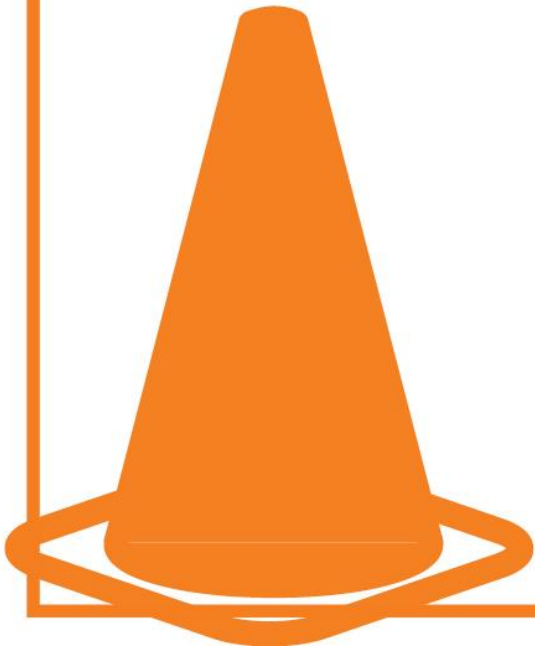
[\[Video Link\]](#)



PACE STATION:
When complete,
call out, "SWITCH!"

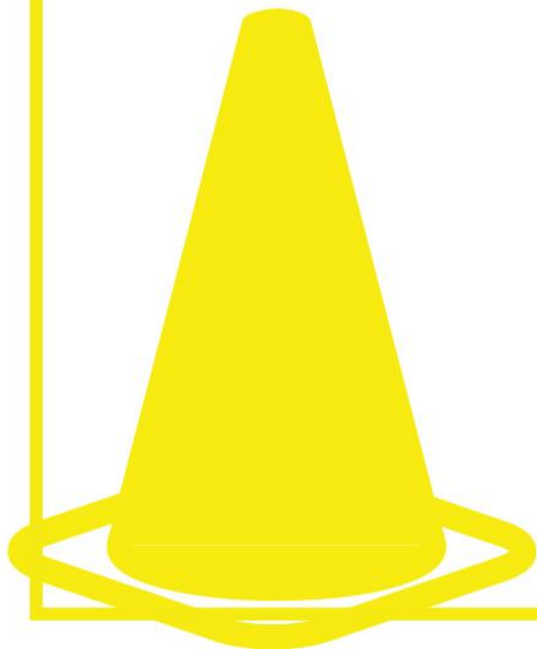
Half Jacks

[\[Video Link\]](#)



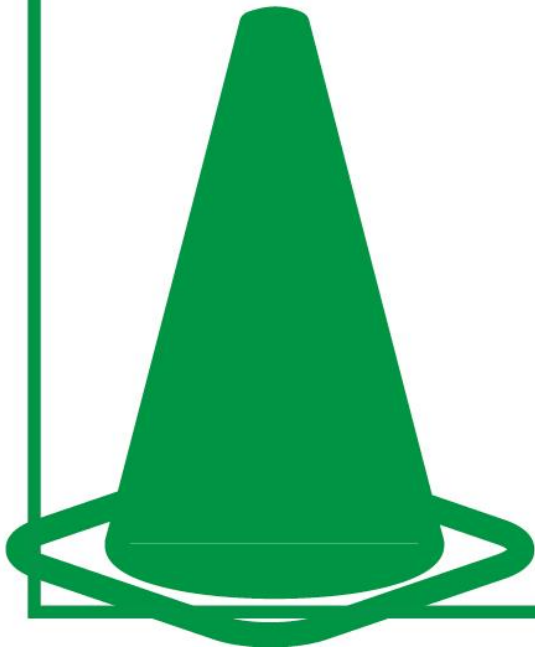
Bridge Taps

[\[Video Link\]](#)



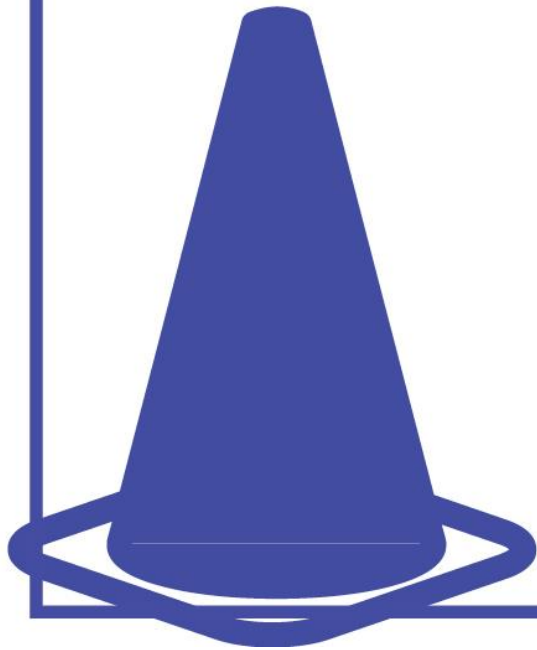
Alt Arm / Leg Raises

[\[Video Link\]](#)



Arm Scissor Chops

[\[Video Link\]](#)



Toe Tap Hops

[\[Video Link\]](#)

