

Round 2

<i>Circuit</i>	<i>Set #</i>	<i>Exercise</i>	<i>Reps/Time</i>
Cardio	1A	Jumping Jacks	75
Cardio	1B	Mountain Climbers	50
Cardio	1C	High Knees	50
Cardio	1D	Squat Jumps	20
Core	2A	Leg Lifts	20
Core	2B	Side Planks	45s
Core	2C	Ab V-Ups	25
Core	2D	Mason Twists	30s
Core	2E	Ab Pulse Ups	10
Upper Body	3A	Pushups	20
Upper Body	3B	Chair Dips	20
Upper Body	3C	Decline Chair Pushups	20
Upper Body	3D	Lying Superman	20
Upper Body	3E	Chair Dips	15
Lower Body	4A	Bulgarian Split Squats	15/leg
Lower Body	4B	Burpees	10
Lower Body	4C	Wall Sits	45s
Lower Body	4D	Single Leg Bridge	10/leg