5 minutes rest in between rounds

START ROUND 1

1. Pushups 45 secs max 30 secs rest
2. Sit ups 45 secs max 30 secs rest
3. Jump rope 45 secs max 30 secs rest
4. Lunges 45 secs max 30 secs rest
5. Burpees 45 secs max 30 secs rest
6. Planks 45 secs max 30 secs rest
7. Squat Jumps 45 secs max 30 secs rest
8. Running in place 45 secs max 30 secs rest
9. Side planks 45 secs max 30 secs rest
10. High knees 45 secs max 30 secs rest
11. Jumping Jacks 45 secs max 30 secs rest
12. Mountain climbers 45 secs max 30 secs rest
13. Bicycles Ab work 45 secs 30 secs rest

START ROUND 2

1. Pushups 45 secs max 30 secs rest
2. Sit ups 45 secs max 30 secs rest
3. Jump rope 45 secs max 30 secs rest
4. Lunges 45 secs max 30 secs rest
5. Burpees 45 secs max 30 secs rest
6. Planks 45 secs max 30 secs rest
7. Squat Jumps 45 secs max 30 secs rest
8. Running in place 45 secs max 30 secs rest
9. Side planks 45 secs max 30 secs rest
10. High knees 45 secs max 30 secs rest
11. Jumping Jacks 45 secs max 30 secs rest
12. Mountain climbers 45 secs max 30 secs rest
13. Bicycles Ab work 45 secs 30 secs rest

: START ROUND 3

1. Pushups 45 secs max 30 secs rest
2. Sit ups 45 secs max 30 secs rest
3. Jump rope 45 secs max 30 secs rest
4. Lunges 45 secs max 30 secs rest
5. Burpees 45 secs max 30 secs rest
6. Planks 45 secs max 30 secs rest
7. Squat Jumps 45 secs max 30 secs rest
8. Running in place 45 secs max 30 secs rest
9. Side planks 45 secs max 30 secs rest
10. High knees 45 secs max 30 secs rest
11. Jumping Jacks 45 secs max 30 secs rest
12. Mountain climbers 45 secs max 30 secs rest
13. Bicycles Ab work 45 secs 30 secs rest

: START ROUND 4

1. Pushups 45 secs max 30 secs rest
2. Sit ups 45 secs max 30 secs rest
3. Jump rope 45 secs max 30 secs rest
4. Lunges 45 secs max 30 secs rest
5. Burpees 45 secs max 30 secs rest
6. Planks 45 secs max 30 secs rest
7. Squat Jumps 45 secs max 30 secs rest
8. Running in place 45 secs max 30 secs rest
9. Side planks 45 secs max 30 secs rest
10. High knees 45 secs max 30 secs rest
11. Jumping Jacks 45 secs max 30 secs rest
12. Mountain climbers 45 secs max 30 secs rest
13. Bicycles AB 45 secs max 30 secs rest