WEEK ONE	10	8	6		4	2	Endurance 90 sec	WEEK TWO	6	10	14	Endurance 120 sec
Reps 10-8-6-4-2							In/Out Squat jumps	Reps 6-10-14				In/Out Squat Jumps
Cross Curls							Burpee Jacks	Cross Curls				Burpee Jacks
Weighted Rainbow							Mummy Kicks	Weighted Rainbow				Mummy Kicks
Row to Tricep Xtn							Alt Sngl Leg Jump Rope	Row to Tricep Xtn				Alt Sngl Leg Jump Rope
Rotating Punch								Rotating Punch				
Cross Raise								Cross Raise				
Sumo Crunch							START WITH STRENGTH	Sumo Crunch				START WITH ENDURANCE
Tricep Push Up								Tricep Push Up				
Weighted Sit Up								Weighted Sit Up				
WEEK THREE		2	4	6	8	10	Endurance 90 sec	WEEK FOUR	14	10	6	Endurance 120 sec
Reps 2-4-6-8-10							In/Out Squat jumps	Reps 14-10-6				In/Out Squat Jumps
Cross Curls							Burpee Jacks	Cross Curls				Burpee Jacks
Weighted Rainbow							Mummy Kicks	Weighted Rainbow				Mummy Kicks
Row to Tricep Xtn							Alt Sngl Leg Jump Rope	Row to Tricep Xtn				Alt Sngl Leg Jump Rope
Rotating Punch								Rotating Punch				
Cross Raise								Cross Raise				
Sumo Crunch							START WITH STRENGTH	Sumo Crunch				START WITH ENDURANCE
Tricep Push Up								Tricep Push Up				
Weighted Sit Up								Weighted Sit Up				