

Red Workout

- *Jog in place for 1 minute
- *10 R and L leg stretches
- *Plank for 20 seconds
- *15 Scissor Jumps
- *10 Sit Ups
- *Wall Squat 25 seconds
- *15 Ski Jumps
- *10 Toe Touches

Repeat For 12 Minutes

30 Second Rest in Between

Blue Workout

- *40 Jumping jacks
- *10 R and L arm stretches
- *7 Squats
- *15 Heel raises
- *20 High knees
- *7 Lunges
- *15 Crunches
- *20 Mountain Climbers

Repeat For 12 Minutes

30 Second Rest in Between

Yellow Workout

- *40 Jumping jacks
- *30 Second Stretch
- *20 Back Kicks
- *10 Squats
- *ABC Push Ups
- *20 Jump Ropes
- *7 Standing long jumps
- *10 Hops each foot

Repeat For 12 Minutes

30 Second Rest in Between

Green Workout

- *Jog in place for 1 minute
- *30 Second Stretch
- *10 Leap Frogs
- *10 Walking Lunges
- *15 Squat Kicks
- *25 Mountain Climbers
- *15 Skips in place
- *15 You Pick

Repeat For 12 Minutes

30 Second Rest in Between