

<b>Movement Order</b>	<b>Workout 1: Total Body</b>	<b>Workout 2: Total Core</b>	<b>Workout 3: Conditioning</b>
<b>1a)</b>	Air Squats	Jump Squats	Jump Tucks
<b>1b)</b>	Push Ups	Shoulders Taps	Lateral Ski Jumps
<b>1c)</b>	Mountain Climbers	Plank Tucks	Hand Release Push Ups
	<b>3 rounds x20sec Rest: 30s</b>	<b>3 rounds x20s Rest: 30s</b>	<b>3 rounds x20s Rest: 30s</b>
<b>2a)</b>	Squat Kicks	Split Jumps	DB Shoulder Press
<b>2b)</b>	Squat Jump Rotations (180)	Burpees	Standing High Knee Run
<b>2c)</b>	Plank Get Ups	Plank Jacks	DB Burpee
	<b>3 rounds x20sec Rest: 30s</b>	<b>3 rounds x20s Rest: 30s</b>	<b>3 rounds x20s Rest: 30s</b>