P20X		
20 min Warm up		
Everything 20 ct		
Warm Up		**Notes**
Knee lift March front	Knees to front	Lift knees to hands
Knee lift March side	Knees to sides	Lift knees to hands
Jog in place	Knees up	
Frog Jog	Knees to sides	
Heels up Jog	Heels to butt	
Legs		**Notes**
Jumping Jack		
Squat Jacks	Keep in a squat position	on each land make sure you are in a squat
Walking Lunges	2 Right then 2 left is one count	Keep knees off floor
Deep Squats	Hands over head	Make sure knees don't go past the knees
Gucci Squats	Squat with pulses	tighten butt and hamstring while pulsing
Sit ups		**Notes**
Legs in and out	Hands on floor or in air	
Bicycle	Hands on floor or in air	Forward and backward
Crunchy Frog	Hands up	Wrap hands around legs on pull in
Reverse Crunch	On back…arms over head	Knees to chest arms toward feet
Side Crunch right side	On side crunch	Keep shoulders and legs off floor
Side Crunch left side	On side crunch	Keep shoulders and legs off floor
Mason Twist	Clasp hand Twist right/left is one count	Feet off of floor hands touching floor
PushUps		**Notes**
Standard Pushups	Arms wide - may be either on knees or toes	
Pushups	Bring arms into a narrower stance	
Pushups - Military Style	Arms close to sides bend at elbow	
Pushups - Slow Motion	Hold for a 4 count	start with 5 build to 20
Plank Pushups	Make inverted v-shape w/butt in the air	
Pushups - Side Motion	From standard pushup position	move side to side as you lower your body
Plyometrics		Notes
4 ct Squat with jump	Jump and turn on 4th squat	Hands in front of chest
Side Jumps	Leg in air jumping right them left	Pause with leg in air between jumps
Jump Squats with switch	Squat with jump switch right then left	Front hand touching floor or both in front of chest
Side Jump with 2 tires	Leg in air jumping R/L with 2 tires	Pause with leg in air between tires
Jump Squats with turn	Squat with jump switch turning front to back	Front hand touching floor on squats
4 tires front and back	Leg in air jumping forward 4 then back 4	Knees high alternating legs between jumps