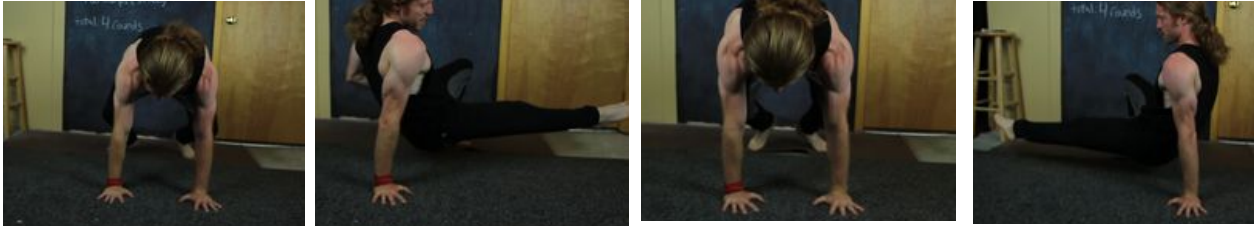


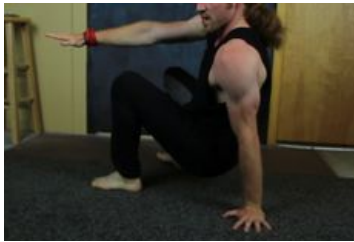
In Home Calisthenic Workout

4 Exercises/4 Rounds/12 Minutes

1.QM Cross Kicks (Ninja Version) (30 seconds)



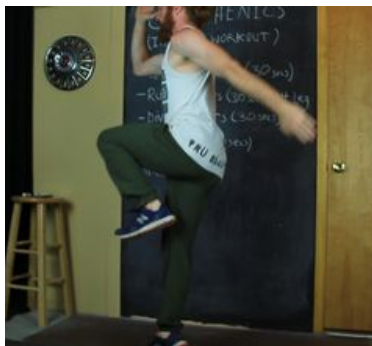
- Modification (*Keep kicking leg tucked and make contact with ground)



2. Runner Jumps (Ninja Version) (30 seconds) *Alternating jumping leg each round



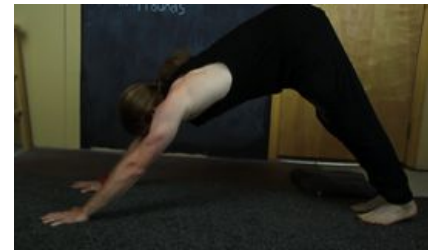
-Modification (*Jumping leg does not leave ground)



3. Dive Bombers (Ninja Version) *Pushup added (30 seconds)



-Modification #1 (*Remove added push up)



-Modification #2 (*Perform dive bombers on knees)



4.180 Jumps (Ninja Version) *High knees during jump (30 seconds)



-Modification #1 (*Remove high knees)



-Modification #2 (*Remove jump & 180)



1 Round Complete.

Repeat for a total of 4 Rounds.

*Goal is to have no rest breaks in between rounds and exercises