

Red Workout

- Jog in place for 1 minute
- Leg stretches for 15 seconds
- Plank for 20 seconds
- 15 Squats
- 10 Sit-ups
- Wall Stands for 25 seconds
- High Knees for 15 seconds
- 10 of any exercise you choose

**Repeat for 12 minutes with 30 seconds rest in between.

Blue Workout

- 40 Jumping Jacks
- 10 Arm Circles (forward&back)
- 7 Squats
- 20 Mountain Climbers
- High Knees for 20 seconds
- 7 Lunges with each leg
- 15 Crunches
- 20 of any exercise you choose

**Repeat for 12 minutes with 30 seconds rest in between.

Yellow Workout

- 40 Jumping Jacks
- Arm & Leg stretches for 30 sec
- 20 Butt Kicks
- 10 Squats
- 5-10 Push-ups
- 20 Invisible Jumprope
- 10 Jumps (as high as you can)
- 10 of any exercise you choose

**Repeat for 12 minutes with 30 seconds rest in between.

Green Workout

- Jog in place for 1 minutes
- Arm & Leg stretches for 30 sec
- Plank for 30 seconds
- 10 Lunges with each leg
- 15 Squats
- 25 Mountain Climbers
- 15 Skips in place
- 15 of any exercise you choose

**Repeat for 12 minutes with 30 seconds rest in between.