**Hit It Work Out.**

**Interval 1.**

\*Jump rope for 1 minute aim for 80 to 100 reps.

\* Do 10 Squat thrust. How to do it. Stand with your feet together,

squat down keeping your knees in line with your ankles, place

your hands on the floor next to your feet.Jump your feet backwards

into a push up position. Then jump feet back in & return to a standing

position. Add intensity by jumping up at the end.

\* Do 10 push-ups (prefer reg. but Girl ok)

\* Do 8 wheel rolls

**Interval 2.**

\*Jump rope 1 minute

\* Do 8 Squat Thrust

\* Do 8 Push-Ups

\* Do 6 Wheel rolls

**Interval 3.**

\*Jump rope 1 minute

\*Do 6 Squat Thrust

\*Do 6 push-ups

\*Do 4 Wheel rolls

**interval 4.**

\*Jump rope 1 minute

\*Do 4 Squat Thrust

\*Do 4 Push-ups

\*Do 2 Wheel Rolls

**Interval 5.**

\*Jump rope 1 minute

\*Do 2 Squat Thrust

\*Do 2 Push-ups

\*Do 2 Wheel roll