Warm-Up
Complete five rounds of the following exercises. Gradually increase the speed at which you do these exercises each round. Start easy and finish at a moderate pace.

20 seconds, March in Place
20 seconds, Jumping Jacks
20 seconds, Butt Kickers

The Workout
Depending on the level of challenge, complete three to five rounds of the exercise circuit below. If you would like to further increase the intensity of the workout you can add ten seconds or five reps to each exercise. Complete the following in order until you have completed three to five rounds total.

20 seconds, Mountain Climbers (supported on chair or use an exercise/yoga mat)
10 reps, Squat to Chair
20 seconds, Wall Sit
60-90 seconds, Rest

The Cool-down
After you finished the workout, don’t stop moving! Cool-down with a light walk outside, walking in place and stretching for five to ten minutes.