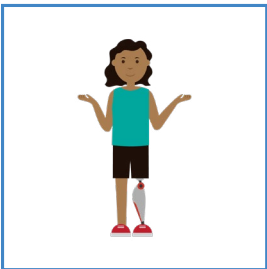
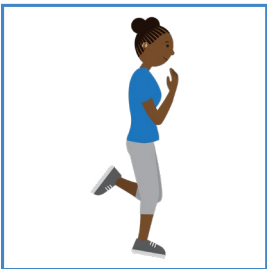


1. Scissor jumps: 30 seconds



2. Jump rope: 30 seconds



3. Glute kicks: 15 seconds



4. Vertical jumps: 5-10

Large Motor

Cardio Routine 2

