

# Fit In 15 #1

For this workout, you will have 5 exercises done using one of 3 different timed formats based on your Fitness Level. Your goal is to choose the appropriate level and correct modification and then do as many reps as you can in that amount of time. You will do 3 (or more) rounds depending on how long you want your workout to be.

## **Exercise Format**

3 Rounds = 15 mins.

## **Timed Protocol**

Level 1(Basic)	= 30 seconds of work/30 second break
Level 2 (Intermediate)	= 40 seconds of work/20 second break
Level 3 (Advanced)	= 50 seconds of work/10 second break

## **Exercises**

1. Cross Jumping Jacks
  - a. Regular JJ
  - b. Step out JJ's
  - c. Just do Criss Crosses
2. Push Up Jacks
  - a. Regular Push-Up
  - b. Modified on Knee and then Jack
  - c. Plank Jack
  - d. Push Up and step out to side
3. Legs Crosses Crunches
  - a. Regular crunch
  - b. Feet on ground crunch
4. Prisoner Squats
  - a.  $\frac{1}{4}$  or  $\frac{1}{2}$  Squat
  - b. Add a jump to make it harder
5. Floor To Ceiling Jumps
  - a. Reach up on toes
  - b. Don't touch the ground, just reach down