

Whole Fitness:

1. Tabata workout:

- Snow boarder/buttkicks
- High knees

- Hand release push ups
- Crossover mountain climbers

- Hot feet
- Squat jumps

2. Resistance Bands (if everyone can have one)

2-3 rounds

- Bicep curls 15x
- Push Press 15x
- Upright row 15x
- Lateral pull down 15x per side

Partner Bands if more than 16 people

40 seconds on/ 20 seconds off

- Partner 1 wall sit/2 – jump up and back
- Switch
- Partner 1 wall sit/2 – high knees
- Switch
- Partner 1 run, across gym, with band around waist
- Switch
- Partner 1 side step (right) across gym with band around waist
- Partner 1 side step back on left side across gym with band around waist
- Switch

3. 1-2x (7 ½ min. each round)

- Burpees 30 seconds
- Plank 60 seconds

- High knees 30 seconds
- Lunges 60 seconds

- Mountain climbers 30 seconds
- Leg lifts 60 seconds

- Squat jumps 30 seconds
- Push ups 60 seconds

- Speed skaters 30 seconds
- Wall sit 60 seconds

Core:

- Small crunch
- Bicycles
- Lower legs
- Scissors