

Red Workout

- * Jog in place for 1 minute
- * 10 R and L leg stretches
- * Plank for 20 seconds
- * 15 Scissor Jumps
- * 10 Sit Ups
- * Wall Squat 25 seconds
- * 15 Ski Jumps
- * 10 Toe Touches

Repeat For 12 Minutes
30 Second Rest in Between

Blue Workout

- * 40 Jumping jacks
- * 10 R and L arm stretches
- * 7 Squats
- * 15 Heel raises
- * 20 High knees
- * 7 Lunges
- * 15 Crunches
- * 20 Mountain Climbers

Repeat For 12 Minutes
30 Second Rest in Between

Yellow Workout

- * 40 Jumping jacks
- * 30 Second Stretch
- * 20 Back Kicks
- * 10 Squats
- * ABC Push Ups
- * 20 Jump Ropes
- * 7 Standing long jumps
- * 10 Hops each foot

Repeat For 12 Minutes
30 Second Rest in Between

Green Workout

- * Jog in place for 1 minute
- * 30 Second Stretch
- * 10 Leap Frogs
- * 10 Walking Lunges
- * 15 Squat Kicks
- * 25 Mountain Climbers
- * 15 Skips in place
- * 15 You Pick

Repeat For 12 Minutes
30 Second Rest in Between