

Red Workout

- Jog on the spot for 1 minute
- 20 Star Jumps
- 10 Tuck Jumps
- Hold plank for 20 seconds.
- 15 Sit Ups
- 10 Push Ups
- Wall Squat for 30 seconds.

Green Workout.

- Run on the spot for 1 minute.
- Jog on the spot for 30 seconds.
- 20 High knees
- 15 Squats
- 10 Push Ups
- 15 Cross Over Sit Ups
- Hold plank for 30 seconds.

Repeat the workout for 15 minutes with 30 seconds rest in between each activity.

Blue Workout

- Skip on the spot for 1 minute
- Run on the spot for 30 seconds
- 10 Sit Ups
- Hold plank for 1 minute
- 10 Push Ups
- 10 Burpees with a Star Jump
- 15 cross over sit ups

Yellow Workout

- 20 hops on each foot
- 15 Star Jumps
- Jog on the spot for 1 minute
- 10 Squats
- 5 Standing Long Jumps
- 15 Push Ups
- 10 Sit Ups.
- Hold plank for 1 minute

Repeat the workout for 15 minutes with 30 seconds rest in between each activity.