

## At Home Workouts

Title: N-95

Jog in place 5 minutes

--5 rounds--

- ✓ 20 squat jumps
- ✓ 20 repeaters each side
- ✓ 20 box jumps or step ups
- ✓ 20 air squats
- ✓ 20 alternating lunge jumps

Jog in place 5 minutes