

## Imminent Destruction (Level 1) - 1 Minute Rounds

1. JUMP ROPE
2. JUMPING JACK
3. 1 LEG HOP - Right Leg
4. 1 LEG HOP - Left Leg
5. RUNNING IN PLACE
6. PLIOS - SQUARE
7. BOUNCE SIDE TO SIDE
8. SQUATS - STRAIGHT - Touch Floor
9. SQUATS - SIDE KNEE LIFT RIGHT LEG
10. SQUATS - SIDE KNEE LIFT LEFT LEG
11. SQUATS - LUNGES RIGHT LEG
12. SQUATS - LUNGES LEFT LEG
13. SQUATS - SIDE SQUAT - Hands Touch Mid Calf
14. SQUATS - CLOSE SQUAT
15. UP DOWNS - 5 Second Splits
16. REVERSE CRAB WALK - Circle Around Room
17. BEAR CRAWLS - Circle Around Room
18. DUCK WALK - Circle Around Room
19. MOUNTAIN CLIMBERS
20. BURPEES
21. TWISTERS
22. COUNT DOWNS
23. STEP UPS
24. HOPPING WHEEL KICK RIGHT LEG
25. HOPPING WHEEL KICK LEFT LEG
26. TOE TOUCHES
27. SIDE BOUNDS
28. KNEE LEAPS
29. MEDICINE BALL THROW - Lateral Movement
30. 3 SETS SLOW MOTION KICKS - Front, Side, Back, Round, Hook, Crescent