

Fitness

Warm Up

Knees Side-to-Side
Rockettes
Scorpions
Arm Rolls
Tree Trunks
Neck Work

Workout

Black Bear Complex

30/30 Interval w/Jump Rope

Explosive Push-up
Kettlebell Rows
B.O.B.
Jumping Lunges
Russian Twists
B.O.B.
V-Sits
Bear Crawls
B.O.B.
Kick Sits
Mountain Climbers
B.O.B.

Cool Down

Toe Touches
Butterfly
Cobra/Child's Pose
Downward Dog
Hamstring Stretch
Rollout