

# 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  
V-Sits  
Jumping Lunges  
Russian Twists  
Kick Sits  
Mountain Climbers  
B.O.B.

## Cool Down

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