

## BbG/AFAC-Challenge Course

1. Run 1/2 mile or 5 minutes

10 Burpees

10 Starburst jumps

2. 1/2 mile or 5 Min

10 Push ups (extra challenge: feet elevated on curb)

20 Squat jumps

30 Jumping Jacks

3. 1/2 mile or 5 min

30 Skater jumps

40 Mountain climbers

50 Bicycle crunches

4. 1/2 mile or 5 min

20 Plank Jacks

20 Jumping Jack Touch

5. 1/2 mile or 5 min

50 Bicycle crunches

40 Mountain climbers

30 Skater jumps

6. 1/2 mile or 5 min

30 Jumping Jacks

20 Squat jumps

10 Push ups (extra challenge: feet elevated on curb)

7. 1/2 mile or 5 min

10 Starburst jumps

10 Burpees

## BbG/AFAC-Modified Course

1. Walk fast 4-5 minutes

5 Burpees or push ups

10 Squats

2. Walk fast 4-5 minutes

10 Push ups

20 Squats

30 Jumping Jacks

3. Walk fast 4-5 minutes

30 Speed skaters

30 Mountain climbers

30 Standing-Elbow to opposite lifted knee

4. Walk fast 4-5 minutes

10 Low impact plank Jacks

10 Low impact Jumping Jack touch

5. Walk fast 4-5 minutes

30 Standing-Elbow to opposite lifted knee

30 Mountain climbers

30 Speed skaters

6. Walk fast 4-5 minutes

30 Jumping Jacks

20 Squats

10 Push ups

7. Walk fast 4-5 minutes

10 Squats

5 Burpees or push ups