

| Minutes | Seconds | Exercise | Side | |
|---------|---------|---------------------------------|--------------|-----------------|
| | 20 | Single leg - Forward & Back | Right | |
| | 10 | Rest | | |
| | 20 | Single leg - Forward & Back | Left | |
| | 10 | Rest | | |
| 1 | | | | |
| | 20 | Single leg AB/Adduction | Right | |
| | 10 | Rest | | |
| | 20 | Single leg AB/Adduction | Left | |
| | 10 | Rest | | |
| 2 | | | | |
| | 20 | Hip Opener - Knee up round | Side to Side | |
| | 10 | Rest | | |
| | 20 | Ankle Hop - loose arms | | |
| | 10 | Rest | | |
| 3 | | | | |
| | 20 | March High Knee & Marching Arms | | |
| | 10 | Rest | | |
| | 20 | Butt kick with arm swing | | |
| | 10 | Rest | | |
| 4 | | | | |
| | 20 | Squat - chest up - swinging arm | Right | |
| | 10 | Rest | | |
| | 20 | Squat - chest up - swinging arm | Left | |
| | 10 | Rest | | |
| 5 | | | | |
| | 20 | Stir the pot | Right | Other Direction |
| | 10 | Rest | | |
| | 20 | Stir the pot | Left | Other Direction |
| | 10 | Rest | | |
| 6 | | | | |
| | 20 | Box - hook punch | Side to Side | |
| | 10 | Rest | | |
| | 20 | Box - Upper Cut | Side to Side | |
| | 10 | Rest | | |
| 7 | | | | |
| | 20 | Side Lunge | Right | |
| | 10 | Rest | | |
| | 20 | Side Lunge | Left | |
| | 10 | Rest | | |
| 8 | | | | |
| | 20 | Speed Skater | Side to Side | |
| | 10 | Rest | | |
| | 20 | High Knee Jog | | |
| | 10 | Rest | | |
| 9 | | | | |
| | 20 | Monkey Run | | |
| | 10 | Rest | | |
| | 20 | Diagonal Step - Back Peddle | 4 Steps | |
| | 10 | Rest | | |
| 10 | | | | |