

November Challenge - Moves Index

Burpees



High Knees



Toe Touches



Mary Katherine Lunges



Mountain Climbers



Plank Jacks



Burpee with Front Kick



November Challenge - Moves Index

Climbers



Squat Jumps



Prisoner Get Ups



Weighted Jumping Jacks



Crab Reaches



Woodchoppers



Scorpion Flip



Crab Elbow-Knee Reaches

