1st lap 15 supermans

2nd lap 15 supermans **and**

15 crunches (touch elbows to thighs)

3rd lap 15 supermans **and** 15 crunches **and** 15 Full Sit-up Bicycles (each side)

4th lap 15 supermans **and** 15 crunches **and** 15 Full Sit-up Bicycles (each side) **and** 15 pushups

Restart – do the same as above

5th lap 15 reverse lunges (each side)

6th lap 15 side lunges (each side)

7th lap 15 squat jumps

8th lap 15 speed lunges (each side)