

100 ACTIONS

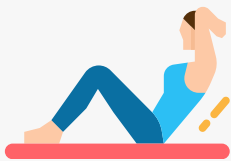
Complete each action for a total of 100 actions.



10 JUMPING JACKS



10 HIGH KNEES



10 SIT UPS



10 SQUATS



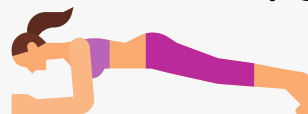
10 PUSH UPS



10 MOUNTAIN CLIMBERS



10 FORWARD LUNGES



10 SECOND PLANK



10 HIP BRIDGE LIFTS



10 JUMP SQUATS