

The Cookie Fitness Jar

Cookie Jar Fitness



Knee Hugs
10 secs each

Cookie Jar Fitness



Jog
1 Lap

Cookie Jar Fitness



Gallop
1 Lap

Cookie Jar Fitness



8 Crunches
Legs Up

Cookie Jar Fitness



6 Chest
Raises

Cookie Jar Fitness



12 Mountain
Climbers

Cookie Jar Fitness



Leg Stretch
10 secs each

Cookie Jar Fitness



4
Push-Ups

Cookie Jar Fitness



8 Modified
Push-Ups

Cookie Jar Fitness



20
Arm Circles

Cookie Jar Fitness



Skip
1 Lap

Cookie Jar Fitness



Skip
2 Laps

Cookie Jar Fitness



7
Push-Ups

Cookie Jar Fitness



Crab Walk
20 Steps

Cookie Jar Fitness



15 Jumping
Jacks

Cookie Jar Fitness



"V" Seat for
15 secs

Cookie Jar Fitness



Walk
1 Lap

Cookie Jar Fitness



20 Jumping
Jacks

Cookie Jar Fitness



Butterfly Stretch
20 secs

Cookie Jar Fitness



Quad Stretch
10 secs each