

At Home Cardio



20 Jumping Jacks



20 Knee to Elbow



20 Mountain Climbers



20 Butt Kicks



10 Burpee



20 High Knees



10 Speed Skaters

**Repeat 2-3
times**

**Do the best you can, listen to your body and
stay within your own physical capabilities**



BRACEBRIDGE
The Heart of Muskoka