

	2 ROUNDS	WRITTEN TEXT ON SCREEN	NARRATION & OR MUSIC	TIME- REPS	FILM
WARM UP					
UPPER BODY					
LOWER BODY					
CORE					
CARDIO					
UNIQUE MOVE					

**MUST HAVE**

- 5 WARM UP EXERCISE
- 5 UPPER BODY EXERCISES
- 5 LOWER BODY EXERCISE

- 5 CORE EXERCISES
- 3 CARDIO EXERCISES
- 1 UNIQUE MOVE

DIVIDE YOUR WORK UP- DEMONSTRATOR, FILMER, SPEAKER, TIMER, OR REP COUNTER