

	3:00	Set-up	0:30		n/a			
4:15	3:30	A1 Curtesy Lunge R	0:45	Start	A1			
Cardio / Core	4:15	A2 Curtesy Lunge L	0:45	Start	A2			
	5:00	A3 Squat Jumps	0:45	Start	A3			
		A4 Isometric Squat	0:45	Start	A4			
	5:45	Transition	0:15	Start	na			
	6:00	Skicross	2:00	Start	start			
	8:00	Transition	0:15	Start	na			
	8:15	A1 Curtesy Lunge R	0:45	Start	A1			
	9:00	A2 Curtesy Lunge L	0:45	Start	A2			
	9:45	A3 Squat Jumps	0:45	Start	A3			
		A4 Isometric Squat	0:45	Start	A4			
	10:30	Transition	0:15	Start	na			
	10:45	Skicross	2:00	Start	start			
	10:45	Set-up Circuit 2	1:00	Start	na			
		A1 Burpees	0:45	Start	A1			
		A2 Pushups w/ Shoulder Tap	0:45	Start	A2			
		A3 Star Plank	0:45	Start	A3			
		A4 Flutter Kicks	0:45	Start	A4			
		Transition	0:15	Start	na			

		Skicross	2:00	Start	start			
		Transition	0:15	Start	na			
		A1 Burpees	0:45	Start	A1			
		A2 Pushups w/ Shoulder Tap	0:45	Start	A2			
		A3 Star Plank	0:45	Start	A3			
		A4 Flutter Kicks	0:45	Start	A4			
		Transition	0:15	Start	na			
		Skicross	2:00	Start	start			
		Set-up Circuit 3	1:00	Start				
		A1 Lat Line Jumps	0:45	Start	A1			
		A2 Air Squats	0:45	Start	A2			
		A3 Forward Line Jumps	0:45	Start	A3			
		A4 Sumo Squats	0:45	Start	A4			
		Transition	0:15	Start	na			
		Skicross	2:00	Start	start			
		Transition	0:15	Start	na			
		A1 Lat Line Jumps	0:45	Start	A1			
		A2 Air Squats	0:45	Start	A2			
		A3 Forward Line Jumps	0:45	Start	A3			
		A4 Sumo Squats	0:45	Start	A4			
		Transition	0:15	Start	na			

		Skicross	2:00	Start	start			
		Set-up Core	1:00	Start				
		A1 Side Bends R	0:30	Start	A1			
		A2 Side Plank R	0:30	Start	A2			
		A3 Side Bends L	0:30	Start	A3			
		A4 Side Plank L	0:30	Start	A4			
		Transition	0:15	Start	na			
		Skicross	2:00	Start	start			
		Transition	0:15	Start	na			
		A1 Side Bends R	0:30	Start	A1			
		A2 Side Plank R	0:30	Start	A2			
		A3 Side Bends L	0:30	Start	A3			
		A4 Side Plank L	0:30	Start	A4			
		Transition	0:15	Start	na			
		Skicross	2:00					