**Red Workout**

* Jog in place for 1 minute  
* 10 R and L leg stretches  
* Plank for 20 seconds  
* 15 Scissor Jumps  
* 10 Sit Ups  
* Wall Squat 25 seconds  
* 15 Ski Jumps  
* 10 Toe Touches

Repeat For 12 Minutes
30 Second Rest in Between

**Blue Workout**

* 40 Jumping jacks  
* 10 R and L arm stretches  
* 7 Squats  
* 15 Heel raises  
* 20 High knees  
* 7 Lunges  
* 15 Crunches  
* 20 Mountain Climbers

Repeat For 12 Minutes
30 Second Rest in Between

**Yellow Workout**

* 40 Jumping jacks  
* 30 Second Stretch  
* 20 Back Kicks  
* 10 Squats  
* ABC Push Ups  
* 20 Jump Ropes  
* 7 Standing long jumps  
* 10 Hops each foot

Repeat For 12 Minutes
30 Second Rest in Between

**Green Workout**

* Jog in place for 1 minute  
* 30 Second Stretch  
* 10 Leap Frogs  
* 10 Walking Lunges  
* 15 Squat Kicks  
* 25 Mountain Climbers  
* 15 Skips in place  
* 15 You Pick

Repeat For 12 Minutes
30 Second Rest in Between