

Pre mixtape- Run around your block at an easy pace.

Austra song- 30 second run in place, 15 jumping jacks, 10 slow air squats. STRETCH.

Bikini Kill song- AMRAP 20 mountain climbers- 20 butt kickers- 20 high knees-20 mummy kicks

Hole song- AMRAP 20 power jacks, 20 Russian twists (unweighted, or with dumbbells)

Heart song- AMRAP 20 hollow body rocks- 20 lateral jumps (side to side jumps with feet together. Use something to jump over, like a can)- 20 tricep dips

Beyonce song- mid point jog. Go slow if you need to, sprint if you can.

Crabapple song- Plank hold as much as possible through the duration of the song. Don't drop if you can! If you do drop rest for a breath and get back up. Also keep your butt low!

Le Tigre song- 10 walking lunges, 10 jump squats, 10 burpees

Cyndi Lauper song- AMRAP 10 push ups, 10 sit ups, 10 bicycle crunches