

PLAYER 1	RENT	HOUSE	HOTEL		PLAYER 2	RENT
STRETCH STREET					STRETCH STREET	
Arm stretch					Arm stretch	
Leg stretch					Leg stretch	
SQUAT SREET					SQUAT SREET	
Squat					Squat	
Jump squat					Jump squat	
Walking squat					Walking squat	
CARDIO CORNER					CARDIO CORNER	
High knees					High knees	
Star jumps					Star jumps	
Mountain climbers					Mountain climbers	
ABS AVENUE					ABS AVENUE	
Sit ups					Sit ups	
Russian twists					Russian twists	
Crunch					Crunch	
BOTTOMS BOULEVARD					BOTTOMS BOULEVARD	
Donkey kicks					Donkey kicks	
Hip raises					Hip raises	
Squat side leg lift					Squat side leg lift	
ARM ALLY					ARM ALLY	
Push ups					Push ups	
Shoulder taps					Shoulder taps	
Tricep dips					Tricep dips	
LEG LANE					LEG LANE	
Lunges					Lunges	
Jump lunges					Jump lunges	
Lying side leg lift					Lying side leg lift	
BURPEE BOULEVARD					BURPEE BOULEVARD	
Burpee					Burpee	
Military Burpee					Military Burpee	
PLANK STATION					PLANK STATION	

HOUSE	HOTEL	PLAYER 3	RENT	HOUSE	HOTEL
		STRETCH STREET			
		Arm stretch			
		Leg stretch			
		SQUAT SREET			
		Squat			
		Jump squat			
		Walking squat			
		CARDIO CORNER			
		High knees			
		Star jumps			
		Mountain climbers			
		ABS AVENUE			
		Sit ups			
		Russian twists			
		Crunch			
		BOTTOMS BOULEVARD			
		Donkey kicks			
		Hip raises			
		Squat side leg lift			
		ARM ALLY			
		Push ups			
		Shoulder taps			
		Tricep dips			
		LEG LANE			
		Lunges			
		Jump lunges			
		Lying side leg lift			
		BURPEE BOULEVARD			
		Burpee			
		Military Burpee			
		PLANK STATION			

PLAYER 4	RENT	HOUSE	HOTEL		PLAYER 5	RENT
STRETCH STREET					STRETCH STREET	
Arm stretch					Arm stretch	
Leg stretch					Leg stretch	
SQUAT SREET					SQUAT SREET	
Squat					Squat	
Jump squat					Jump squat	
Walking squat					Walking squat	
CARDIO CORNER					CARDIO CORNER	
High knees					High knees	
Star jumps					Star jumps	
Mountain climbers					Mountain climbers	
ABS AVENUE					ABS AVENUE	
Sit ups					Sit ups	
Russian twists					Russian twists	
Crunch					Crunch	
BOTTOMS BOULEVARD					BOTTOMS BOULEVARD	
Donkey kicks					Donkey kicks	
Hip raises					Hip raises	
Squat side leg lift					Squat side leg lift	
ARM ALLY					ARM ALLY	
Push ups					Push ups	
Shoulder taps					Shoulder taps	
Tricep dips					Tricep dips	
LEG LANE					LEG LANE	
Lunges					Lunges	
Jump lunges					Jump lunges	
Lying side leg lift					Lying side leg lift	
BURPEE BOULEVARD					BURPEE BOULEVARD	
Burpee					Burpee	
Military Burpee					Military Burpee	
PLANK STATION					PLANK STATION	

