### ROUND 14

#### CLASS NOTES

<table>
<thead>
<tr>
<th>SECTION</th>
<th>DRILL</th>
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</table>
| **WARM-UP**     | Intro/Jog  
Butt Kicks  
Hop Squats  
Side Shuffle  
Inchworm  
Spider Lunge |
| **FOCUS**       | Jog                                                                 |
| **BLOCK 1**     | Frog Jump Burpees  
Scissor Runs  
Hit the Floor Tuck Jumps  
10 & 2 |
| **POWER MOVE**  | Level 1 Drills                                                     |
| **BLOCK 2**     | Plié Power Squat  
Tricep Push-Up/Plank Balance  
Bear Crawl-2 Squats  
Push-Up Punch |
| **POWER MOVE**  | Spider Lunge–Pike-Up–Push-Up                                       |
| **BLOCK 3**     | Alternating Hook Lunge  
Shuffle Squat Turn  
Moving Slap Back Jump  
Hopscotch Twist |
| **POWER MOVE**  | Hop Hop Runner                                                     |
| **BLOCK 4**     | Low Plank Clap  
Scissors  
Reverse Butterfly  
Bicycle Runs-Hands Up |
| **POWER MOVE**  | Oblique Knee Lifts                                                 |
| **FOCUS**       | Jog                                                                 |
| **DIG DEEPER®** | Frog Jump Burpees  
Push-Up Punch  
Hopscotch Twist |