



CAPTAIN AMERICA WARM-UP



JOG IN PLACE: 45 SECONDS



PLANK POSITION: 15 SECONDS



15 STAR JUMPS



HOLDING PUSH-UP POSITION: 25 SECONDS



SELF-DEFENSE PUNCHES: 20 EACH ARM



10 PARALLEL SQUATS



BOAT POSITION: 30 SECONDS

ALMOST DONE, CAPTAIN AMERICA! REPEAT THE WARM-UP 1 MORE TIME.

