

Station 1

1. Hungry tiger catches his prey
2. Sliding with press-ups (mitts)
3. Lohan rolls his body
4. Dips in reverse plank

Travel to next station:

*Floor Sweeps

Station 2

1. Knee to chest (standing)
2. Mountain climbing inside (knee to opposite elbow)
3. Mountain climbing outside (knee to same side shoulder)
4. Iron cross

Travel to next station:

*Crab Walk

Station 3

1. Jik Ma (stationary)
2. Ma Bo, Poon Lung Bo
3. Ma Bo, Woodip Ma, But Ding But Ba,
Chor Ma, Ma Bo
4. Ma Bo, Puk Bo, Kung Bo

Travel to next station:

*Snake Crawl

Station 4

1. Front kick- Swallow Skims Water (left)
2. Front kick- Swallow Skims Water (right)
3. Gum Goi Dok Loc
4. Tune Bo

Travel to next station:

*Commando Crawl