**“GRIT TIME”**

**By Maria Corte**

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Quick Feet (fast feet in break down position)

Hit It- drop down to floor in push up position then pop up back to quick feet

Down- drop down to floor in push up position but STAY there

Up- either do a push up or sit up

Flip-rollover to the right (only a half flip)

Flip back -rollover to the left (only a half flip)

Switch-while on back, switch kick straight legs

Mtn Climb- perform quick Mtn climbers