Warm Up:
30 Jumping Jacks
30 Shadow Boxing Punches
15 Air Squats

Work Out:

Beginner 3 Rounds
Intermediate 5 Rounds
Advanced 7 Rounds

All exercises listed below equals 1 round:

25 Mountain Climbers
10 Push Ups
25 Planking Shoulder Taps
10 Push Ups
25 Alternating Lunges
10 Push Ups
1 Minute Jog in Place

Modifications:
Pushups to Kneeling Pushups
Planking Shoulder Taps to 25 Second High Plank
Jog to Brisk Walk

Cash Out: Should be done after the workout is completed :)  
50 Air Squats

Post Workout Journal Reflection:

1. Which level did you complete (Beginner, Intermediate, or Advanced)?
2. How would you describe your intensity (Easy, Medium, Hard)?
3. Personal Reflection: How do you feel the workout went? Which exercises were easy and which were difficult to complete? What would you change and or do differently? How long did it take you to complete? Did anyone at home complete it with you? If so, who?