Workout # 1

* 2 mile run
* 3 rounds of the following:
	+ 4 sprints
	+ 10 burpees
	+ 25 jumping jacks
	+ 1 minute plank

Workout # 2

* 5 rounds of the following:
	+ 20 seconds of burpees
	+ 20 seconds of pushups
	+ 20 seconds of air squats
	+ 20 seconds of jumping lunges
	+ 30 seconds of planks
	+ 30 seconds of suicides
	+ 1 minute rest

Workout # 3

* Run to the beach (.5 mile)
* 4 rounds of the following
	+ 10 push-ups
	+ 10 lunges
	+ 10 air squats
	+ 10 lunges
	+ 2 sprints
* Run to back to beach house (.5 mile)