



# STRENGTH

WARM-UP	Sets	Time
Standing Knee Hug Behind the Back Chest Mobility	1	12/movement

Workout 1		Full Body
Exercise	Sets	Reps
A1) Plank out w/Pushup	2	30 sec
A2) Bear Crawl FWD/REV	2	30 sec
B1) Lateral Lunge	2	10-15
B2) Rev Lunge (Right)	2	10-15
B3) Rev Lunge Knee Drive (Right)	2	10-15
B4) Rev Lunge (Left)	2	10-15
B5) Rev Lunge Knee Drive (Left)	2	10-15
C1) Side Plank w/ Abduction (Left)	2	30 sec
C2) Side Plank w/ Abduction (Right)	2	30 sec

<b>Finisher: T-Pushup—&gt;Lateral Plank</b>	2	30 sec/ex
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