



E3 STRENGTH

WARM-UP	Sets	Time
Double Kneeling hip Mobility	2	30 sec/leg

Workout 1		Full Body
Exercise	Sets	Reps
A1) Pop Lunge	4	30 sec
A2) Plank w/Front Raise	4	45 sec
B1) Marching Bridge	3	45sec
B2) Speed Squat	3	30 sec
C1) Invisible Jump Rope	3	60 sec
C2) Plank Jack	3	45sec
C3) Fast Hands	3	30 sec

Finisher: Walking Lunge (1/16th mile)	1	50/side
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