



E3 STRENGTH

WARM-UP	Sets	Time
Run in place	1	1 min.

Workout 1		Full Body
Exercise	Sets	Reps
A1) Plank shoulder taps	3	1min.
A2) Jumping Alternating Lunge	3	10/12/15 ea. leg
B1) Bicycle crunches	2	30 sec.
B2) Jump Squat	2	25
C1) Narrow Hands Push up	3	10
C2) Plank Jacks	3	1min.
C3) Standing Oblique High Knee	3	15 ea. leg
Finisher: High Knee Jog	1	1 min.