



E3 STRENGTH

WARM-UP	Sets	Time
Leg swing/arm cross	1	20ea. leg

Workout 1		Full Body
Exercise	Sets	Reps
A1) Plank thrust (Frog jumps)	3	45 sec.
A2) Rotating side plank	3	45 sec.
B1) Static leg raise	2	1 min.
B2) Floor prone cobra	2	30 sec.
C1) Marching bridge	3	1 min.
C2) Reverse crunches	3	1min.
Finisher: Plank jacks	1	1.5 min.