



# E3 STRENGTH

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

Workout 1		Full Body
Exercise	Sets	Reps
A1) Push up	2	10
A2) Mountain climber	2	1 min.
B1) Oblique side crunch	2	25
B2) Flutter kicks	2	30 sec.
C1) Walking lunge	3	1 min.
C2) Speed skater	3	1min.
<b>Finisher: Wall sit</b>	1	2 min.