



E3 STRENGTH

| WARM-UP | Sets | Time |
|---------------------------------------|------|------|
| Body Weight Squat with Overhead Reach | 2 | 30 |

| Workout 1 | | Full Body |
|---|------|----------------------|
| Exercise | Sets | Reps |
| A1) Walking Lunge | 2 | 1 min |
| A2) Alt Single Leg Hop | 2 | 1 min |
| B1) Single Leg Bootstrap | 2 | 30 sec. |
| B2) Low Jump Squat | 2 | 45 sec |
| B3) Door Jamb Curls | 2 | 20/arm, or 40 Double |
| C1) Hip Thrusts | 3 | 45 sec. |
| C2) Side Plank | 3 | 30 sec/side |
| C3) Dead Bug Crunch | 3 | 1 min |
| Finisher: Alternating Leg Wall Sit | 1 | 1.5 min |