



E3 STRENGTH

WARM-UP	Sets	Time
Double Kneeling Alternating Anterior Reach	1	1min

Workout 1		Full Body
Exercise	Sets	Reps
A1) Lego Squat	2	15/side
A2) Plank Extension	2	25
A3) Reverse Crunch	2	30 sec.
B1) Single Leg Bridge	2	15
B2) Side Lunge	2	10/side
B3) Reverse Snow Angel	3	15
C1) AMRAP Side Plank Crunch	2	AMRAP
Finisher: Rollup	2	45sec