



# E3 STRENGTH

WARM-UP	Sets	Time
Elevated Standing Bird Dog	1	10/side

Workout 1		Full Body
Exercise	Sets	Reps
A1) Plank with Shoulder Touch	3	30sec
A2) Forearm Spiderman Plank	3	30sec
B1) Plank Jack	2	30sec
B2) Forearm Plank Up-Down	2	30sec
B3) Rolling Side Plank	2	30sec
C1) Plankout	3	30sec
C2) Plank With Oblique Knee Tuck	3	30sec
<b>Finisher: Hip Dip Plank</b>	1	50