



WARM-UP	Sets	Time
Bear Raises w/Circles	1	5/direction/appendage

Workout 1		Full Body
Exercise	Sets	Reps
A1) Pushup	10	1-10 (see table below)
A2) Jump Reach	10	1-10 (see table below)
B1) Rev Lunge Tuck Jump	4	20 sec
B2) MTN Climber	4	20 sec

Finisher: Squat Thrust Side Kick Through	1	60 sec
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SET#	Reps	
	A1	A2
1	1	1
2	2	2
3	3	3
4	4	4
5	5	5
6	6	6
7	7	7
8	8	8
9	9	9
10	10	10