



STRENGTH

WARM-UP	Sets	Time
Spiderman w/ Front Raise and T-Spine Rotation	1	5/direction

Workout 1		Full Body
Exercise	Sets	Reps
A1) Shuffle	2	60sec
A2) Cossack Squat	2	10/side
A3) Squat Thrust w/Lateral Hop	2	30sec
B1) Jumping Jack	3	45sec
B2) Drop Squat	3	10
C1) Skater Hop	3	45sec
C2) Bulgarian Split Squat (both sides)	3	10/side
Finisher: Spider Climbers	1	60sec