



WARM-UP	Sets	Time
Side Lunge w/ Anterior Reach	1	10/Direction (20 overall)

Workout 1		Full Body
Exercise	Sets	Reps
A1) Pivoting Lunge	3	10/Direction
A2) Plank Out (overhead emphasis)	3	AMRAP 30sec
B1) Spider Crawl	3	10
B2) Plank w/ Anterior Reach	3	15
B3) Oblique Knee Tuck	2	15
C1) Jump Squat	3	30sec
C2) Static Squat	3	30sec
Finisher: Bootstrap 1/2 Tabata	4	20 sec on/10sec off