

| WARM-UP | Sets | Time |
|--|------|---------------------------|
| Side Reach Though & Low Alt Cossack | 1 | 10/Direction (20 overall) |

| Workout 1 | | Full Body |
|---|------|-----------|
| Exercise | Sets | Reps |
| A1) Pause Squat (5 sec at Bottom) | 2 | 15 |
| A2) Bootstrap | 2 | 20 |
| A3) Plank Extenstion | 2 | 10 |
| B1) Chair Dips | 3 | 20 |
| B2) Fwd—>Rev Lunge | 3 | 10 |
| C1) Hip Thrust up | 3 | 30sec |
| C2) Flutter Kicks | 3 | 30sec |
| | | |
| Finisher: Squat Thrust with Fwd Lunge (1 per leg) | 1 | 1.5min |