



# STRENGTH

WARM-UP	Sets	Time
1/2 Kneeling Rotating Anterior Reach	1	10/Direction (20 overall)

Workout 1		Full Body
Exercise	Sets	Reps
A1) Squat with Hold at Bottom of ROM (hold/sec = #rep; ie 5th rep holds fro 5 sec)	3	10
A2) Bent Arm Plank	3	30 sec
B1) Push-up w/ side kick through	3	5
B2) Speed Skater w/ inside heel touch	3	10/side
C1) Mountain Climber	2	30 sec
C2) Static Crab Position	2	30 sec
C3) Bear Rolls	2	30 sec
<b>Finisher:</b> Plank Extension with Knee Tuck	1	5