



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

Workout 1		Full Body
Exercise	Sets	Reps
A1) Cossack Squat	2	15/Direction
A2) Rotating Side Plank	2	AMRAP 30sec
B1) Archer Pushup	3	5/Arm
B2) Forearm Plank Jack	3	30sec
B3) Static Hand Plank	3	30sec
C1) Squat	2	30sec
C2) Plank Thrust	2	30sec
Finisher: Topsy Bear	1	1.5min