



E3 STRENGTH

WARM-UP	Sets	Time
Standing Hamstring Mobility and Overhead Reach	1	10/Direction

Workout 1		Full Body
Exercise	Sets	Reps
A1) Fast Hands	2	45
A2) Russian Twist	2	30sec
A3) Windshield Wipers	2	10
B1) High Knees	2	30sec
B2) Reverse Crunch	2	15
C1) Fast Feet Squat Thrust	3	10
C2) Static Plank	3	30
Finisher: Toe Touch Planks	2	20