



WARM-UP	Sets	Time
Standing I A T w/ Hip Circles	1	5 /direction/leg

Workout 1		Full Body
Exercise	Sets	Reps
A1) Multi Directional Lunge	3	10/leg
A2) Plank w/ Anterior Reach	3	15/arm
B1) Prisoner Squat (hands behind head)	2	20
B2) Fast Hands	2	45sec
B3) Mountain Climber	2	30 sec
C1) Bootstrap	3	20
C2) Bird Dog	3	10/side

Finisher: Squat Thrust with Lateral Shuffle	2	30 sec w/ 30 sec rest
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