



WARM-UP	Sets	Time
External Rotation w/ Hip Mobiliy	1	5/Leg

Workout 1		Full Body
Exercise	Sets	Reps
A1) Lateral Plank	4	5
A2) Pushup	4	5
A3) Plank w/ Lateral Raise	4	5/side
B1) Invisible Goblet Squat	3	10, 15, 20
B1) Overhead Pushup	3	5, 10, 15
B3) Franken Lunge	3	10, 20, 30/side

Finisher: Spiderman Pushup	2	5/side
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