



E3 STRENGTH

WARM-UP	Sets	Time
Birdog	1	1.5

Workout 1		Full Body
Exercise	Sets	Reps
A1) Plyo lunge	3	45 sec.
A2) Crab toe touch	3	45 sec.
A3) Plank up/down	3	1 min.
B1) Bench/chair dip	2	1 min.
B2) Chair wiper	2	30 sec.
C1) Bootstrap	3	30 sec.
C2) Step up to knee (on chair)	3	30 sec. alternating
Finisher: Fast feet (10x) to squat thrust (x1)	1	1.5 min.