



WARM-UP	Band Work	Distance/Reps
T-Spine Rotation & Fire Hydrant		30sec/side/exercise

Primary Exercises		Week 1
Exercise	Sets	Reps
A1) Cossack Squat	2	30 sec alternating
A2) Jumping Jack	2	30 sec
A3 Static Squat	2	30 sec
B1) Reverse Lunge	2	30 sec
B2) 1gal/dumbbell Row	2	10,15,20
B3) 1gal/dumbbell Curl	2	10,15,20
C1) Jump Squat	3	30 sec
C2) Side Plank Crunch	3	30 sec/side
Finisher: Fast Hands	1	2min