



# E3 STRENGTH

WARM-UP	Sets	Time
Body Weight Squat with Overhead Reach	2	30

Workout 1		Full Body
Exercise	Sets	Reps
A1) Walking Lunge	2	1 min
A2) Alt Single Leg Hop	2	1 min
B1) Single Leg Bootstrap	2	30 sec.
B2) Low Jump Squat	2	45 sec
B3) Door Jamb Curls	2	20/arm, or 40 Double
C1) Hip Thrusts	3	45 sec.
C2) Side Plank	3	30 sec/side
C3) Dead Bug Crunch	3	1 min
<b>Finisher:</b> Alternating Leg Wall Sit	1	1.5 min