



# STRENGTH

WARM-UP	Sets	Time
1/2 Kneeling OH Reach (Lunge emphasis)	1	5/leg

Workout 1		Full Body
Exercise	Sets	Reps
A1) Plyo Curtsy	2	1 min
A2) Straight Arm Plank	2	1 min
A3) Alt Spin Jump	2	30 sec.
B1) Plank Out	3	10
B2) Incline Pushup	2	10
C1) Squat Thrust Jack	3	15
C2) Reverse Lunge Knee Raise	3	10/side
<b>Finisher:</b> Single Leg Squat	1	45sec/leg