



E3 STRENGTH

WARM-UP	Sets	Time
Leg and arm Swing	1	30 sec per appendage

Workout 1		Full Body
Exercise	Sets	Reps
A1) Push-up Shoulder tap	2	5/10
A2) Squat Thrust Mountain Climber (5MTNC)	2	30sec
B1) Walking Lunge Front Kick	3	1min
B2) Side Hops	3	45sec
C1) V-Sit	2	15/25
C2) Floor 90° Wipers	2	45 sec
Finisher: Single Leg Wall Sit	1	1min/leg