



WARM-UP	Band Work	Distance/Reps
Standing Bird Dog		5/side (Twice)

Primary Exercises		Week 1
Exercise	Sets	Reps
A1) Fast Feet —> Drop	2	FF x 10 (10 reps)
A2) Wall Sit	2	60 sec
B1) Cross-Jack	2	45 sec
B2) Curtsy Lunge	2	45 sec
C1) 1 Arm Plank	2	30 Sec/Arm
C2) Dynamic Overhead Push-Up	2	10
D1) Four Corner Hop	2	60 sec
D2) Eastern Plank	2	45 sec
Finisher: Squat —> High Knee	1	1.5 min