



E3 STRENGTH

WARM-UP	Sets	Time
Side Reach Though & Low Alt Cossack	1	10/Direction (20 overall)

Workout 1		Full Body
Exercise	Sets	Reps
A1) Pause Squat (5 sec at Bottom)	2	15
A2) Bootstrap	2	20
A3) Plank Extension	2	10
B1) Chair Dips	3	20
B2) Fwd—>Rev Lunge	3	10
C1) Hip Thrust up	3	30sec
C2) Flutter Kicks	3	30sec
Finisher: Squat Thrust with Fwd Lunge (1 per leg)	1	1.5min