



# STRENGTH

WARM-UP	Sets	Time
Hip ad/abduction and Shoulder Circles	1	5/Direction

Workout 1		Full Body
Exercise	Sets	Reps
A1) Screw Pushup	3	5/side
A2) Reverse Snow Angel	3	10
A3) Plank with Anterior Reach	3	10/arm
B1) Plyo Lunge	2	30sec
B2) Single leg Bootstrap	2	15/leg
C1) Squat	2	20
C2) Plank Out	2	10
<b>Finisher:</b> Single Arm Plank Jack	1	30/arm