



E3 STRENGTH

WARM-UP	Sets	Time
Leg Swing/Arm Cross	1	10/Direction (20 overall)

Workout 1		Full Body
Exercise	Sets	Reps
A1) Shoulder Touch Plank Thrust	3	45 sec
A2) Static Side Plank	3	45 sec/side
B1) Dead Bug (Hands Overhead)	3	30 sec
B2) Reverse Snow Angel (Feet elevated)	3	10
C1) Static Bridge	2	60 sec
C2) Dynamic Bridge (hold for 5 at top fro first 10 reps, then 10 fast)	2	20
C3) Crunch/Reverse Crunch	2	20
Finisher: Mountain Climbers	1	1.5min