



E3 STRENGTH

WARM-UP	Sets	Time
Skip in Place	1	60 sec

Workout 1		Full Body
Exercise	Sets	Reps
A1) Staggered stance Squat	2	15/side
A2) Staggered grip Pushup	2	25
B1) Split Squat	3	15/leg
B2) Plank Claps	3	20
C1) Floor Bridge (Feet Elevated)	2	25
C2) V-Sit	2	1 min
C3) Alphabet Leg Raise		A-M/N-Z
Finisher: Squat Thrust Plank Jack	1	1.5min