



E3 STRENGTH

WARM-UP	Sets	Time
Jumping Jacks	1	1 min.

Workout 1		Full Body
Exercise	Sets	Reps
A1) Body squat	3	25
A2) Push-up	3	10
B1) Forward Lunge	3	15 ea leg
B2) Plank up/down (forearms to hands = 1 rep)	3	20
C1) Floor bridge	2	50
C2) Crunches	2	50
C3) Straight leg raises	2	50
Finisher: Squat thrust	1	AMRAP 1min (As many reps as possible)