



# E3 STRENGTH

WARM-UP	Sets	Time
Cross-Jack	1	60 sec

Workout 1		Full Body
Exercise	Sets	Reps
A1) Low Squat—>Reverse Lung	3	30sec alternating
A2) Single Arm Plank	3	30sec/side
B1) Pulsing Jump Squat	3	20
B2) Inch Worm (in place)	3	10
C1) (Chair) Floor Press	2	25
C2) Plank Hops	2	45sec
C3) Straight Leg raises (Single Leg Alternating)	2	25/side
<b>Finisher:</b> 1/2 Tabata Speed Squat	4	20 sec on 10 sec off