



STRENGTH

WARM-UP	Sets	Time
Hip Flexor Mobility w/ Overhead Reach	1	10/leg

Workout 1		Full Body
Exercise	Sets	Reps
A1) Squat to Calf Raise	2	20
A2) Speed Skater	2	30sec
A3) Push Up w/ Shoulder Touch	2	10
B1) Chair Dip	3	20
B2) Plank Reach (optional leg raise)	3	3
C1) Mountain Climber	3	30sec
C2) Alternating Toe Touch Crunch	3	30sec
Finisher: Squat—>Lunge —>Tuck Jump	2	15sec/exercise (45sec/round)