



STRENGTH

WARM-UP	Sets	Time
Lat and Shoulder Wall Mobility with Leg Swings	1	5/Side

Workout 1		Full Body
Exercise	Sets	Reps
A1) Walkout Push-Up	2	5
A2) Rev Snow Angel	2	30sec
A3) Body Weight Renegade Row —>Plank Punch	2	10
B1) Alternating Single Leg Squat	2	30sec
B2) Walking Reverse Lunge squat	2	45sec
B3) Single-leg Bridge	2	10
B4) Bridge	2	30 Sec
C1) Hip Dip Plank	3	20
C2) Mini Commando's	3	10

Finisher: Bear Roll—>Crab Reach	1	60sec
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