



E3 STRENGTH

WARM-UP	Sets	Time
>90° Hamstring/Hip Mobility with Overhead Reach	1	5/direction/type

Workout 1		Full Body
Exercise	Sets	Reps
A1) Alternating Assisted Pistol Squat	2	10/leg
A2) Book Dip	2	20 reps
A3) L-Sit	2	20, 25, 30 sec

Note: Below is a Ladder. Table at bottom lists reps. Rest as little as possible in between rounds.

B1) Rotating Side Plank	5	1/side (see below for sets 2-5)
B2) Jump Squat	5	20 (see below for sets 2-5)
B3) Plank Up/Down	5	1/arm (see below for sets 2-5)

Finisher: Plank Out	2	15
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Ladder Reps					
B1	1	3	6	9	12
B2	20	18	16	14	12
B3	1	3	6	9	12