



STRENGTH

WARM-UP	Sets	Time
Cossack w/Overhead Reach	1	5/direction

Workout 1		Full Body
Exercise	Sets	Reps
A1) Low Squat Jab	3	30 sec
A2) Forward Pulsing Lunge	3	10/side
B1) Cross Jack	2	45sec
B2) Sweeping Overhead Pushup	2	10
B3) Side Kick-through	2	10/side
C1) -2 Plank	3	5/side (Start at a hold time of 5sec/side and increase by 5 per set)

Finisher: Rollups	1	20
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