

WORKOUT 1	SETS	REPS
Hands behind head BW squat	4	20
1/4 Squat jumps	3	10
BW walking lunges	3	12 each leg
Mountain Climbers	3	:20 seconds
SL elevated hamstring bridges	3	10 per leg
Lateral bounds	3	10 each leg
Push up plank/reach Opp arm and leg	3	12-Jan
I-W-T-Y-I on belly	3	:15s each position
Russian Twists	3	20 taps
Toe touch abs	3	15
WORKOUT 2	SETS	REPS
Hand release push ups	5	15
Chair dips	3	10
Standing chair push ups elbows out	3	10
Kneeling Single arm object shoulder press	4	8 each arm
Frog squats	3	15
Single leg squat to chair	3	8 each leg
Inverted rows	3	8
Rope buddy curls	3	15
Forearm plank	2	:60seconds
Side plank	2	:25seconds each side
WORKOUT 3	SETS	REPS
Hands Overhead Split squats	4	12 each
Mantis walking lunges	3	10 each
1/4 squat to calf raise iso hold	4	10 w/ 5 second pause
Pike Push ups	5	8
Scapula push ups	3	12
On Belly T-Holds	3	10-hold each rep :5seconds
Wall sits	3	25s
Dead bugs	3	20
Supermans	3	12