

WARM UP x 3 sets	
<i>Raise body temp</i>	
1. Butt Kicks	10 reps/side
2. Shuffle Steps	10 reps/side
<i>Activate</i>	
3. Glute Bridge March	10 reps/side
4. Slow Mountain Climbers	5 reps/side
<i>Mobilise</i>	
5. Overhead Squat	5 reps

3 set of A's Rest 2-3 minutes 3 sets of B's		TEACHING		PROGRESS		PEAK		RELOAD	
		WORK	REST	WORK	REST	WORK	REST	WORK	REST
A1	Split Jump Punches	35s	25s	40s	20s	45s	15s	40s	20s
A2	Plank Hip Rotations	35s	25s	40s	20s	45s	15s	40s	20s
A3	Duck Under Squats	35s	25s	40s	20s	45s	15s	40s	20s
A4	T-Rotation	35s	25s	40s	20s	45s	15s	40s	20s
A5	Tabletop Crunch	35s	25s	40s	20s	45s	15s	40s	20s
B1	Squat Surrenders	35s	25s	40s	20s	45s	15s	40s	20s
B2	Bear Crawl Shoulder Tap	35s	25s	40s	20s	45s	15s	40s	20s
B3	Lateral Step Over	35s	25s	40s	20s	45s	15s	40s	20s
B4	Yoga Pike Mountain Climber	35s	25s	40s	20s	45s	15s	40s	20s
B5	Straight Arm Russian Twist	35s	25s	40s	20s	45s	15s	40s	20s