

WARM UP x 3 sets

1. Wall March

2. Leg Swings

3. Glute Bridge

4. Wall 'Y' Lift Off

5. Spiderman + Reach

10 reps/side

10 reps/side

10 reps

10 reps

5 reps/side

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	Surrenders	30s	30s	35s	25s	40s	20s	30s	30s
A2	Handwalkouts	30s	30s	35s	25s	40s	20s	30s	30s
A3	Low Jacks	30s	30s	35s	25s	40s	20s	30s	30s
A4	Burpees	30s	30s	35s	25s	40s	20s	30s	30s
A5	Sit Ups	30s	30s	35s	25s	40s	20s	30s	30s
B1	Sprinter Lunges	30s	30s	35s	25s	40s	20s	30s	30s
B2	Plank	30s	30s	35s	25s	40s	20s	30s	30s
B3	Line Touches	30s	30s	35s	25s	40s	20s	30s	30s
B4	T-Rotations	30s	30s	35s	25s	40s	20s	30s	30s
B5	Cycle Crunches	30s	30s	35s	25s	40s	20s	30s	30s