

WARM UP x 3 sets

1. Butt Kicks

10 reps/side

2. Squats

10 reps

3. Wall Blackburns

10 reps

4. Prisoner Hinge

10 reps

5. Frog Rock Back + Rotate

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	Mountain Climber	35s	25s	40s	20s	45s	15s	40s	20s
A2	Cross Jack	35s	25s	40s	20s	45s	15s	40s	20s
A3	Hip Tap	35s	25s	40s	20s	45s	15s	40s	20s
A4	Alternating Offset Squat	35s	25s	40s	20s	45s	15s	40s	20s
A5	Leg Lowers	35s	25s	40s	20s	45s	15s	40s	20s
B1	Reverse Lunge	35s	25s	40s	20s	45s	15s	40s	20s
B2	Plank Jack	35s	25s	40s	20s	45s	15s	40s	20s
B3	High Knees	35s	25s	40s	20s	45s	15s	40s	20s
B4	Lateral Bear Shuffle	35s	25s	40s	20s	45s	15s	40s	20s
B5	Heel Tap Crunch	35s	25s	40s	20s	45s	15s	40s	20s