

WARM UP x 3 sets

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| 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 |
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| 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 |