

WARM UP x 3 sets

1. **Standing Hip Circles 10 reps/direction**
2. **Narrow Stance Squats 10 reps**
3. **Forearm Wall Slide 10 reps**
4. **Glute Bridge + Reach 10 reps**
5. **Side Lying Windmill 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	Sit Throughs	35s	25s	40s	20s	45s	15s	40s	20s
A2	Jumping Jack	35s	25s	40s	20s	45s	15s	40s	20s
A3	High Plank + Reach	35s	25s	40s	20s	45s	15s	40s	20s
A4	Alternating Side on Squats	35s	25s	40s	20s	45s	15s	40s	20s
A5	Leg Flutters	35s	25s	40s	20s	45s	15s	40s	20s
B1	Prisoner Surrenders	35s	25s	40s	20s	45s	15s	40s	20s
B2	Plank Pikes	35s	25s	40s	20s	45s	15s	40s	20s
B3	Alternating Lateral Taps	35s	25s	40s	20s	45s	15s	40s	20s
B4	Bear Crawl Square	35s	25s	40s	20s	45s	15s	40s	20s
B5	Cycle Crunch	35s	25s	40s	20s	45s	15s	40s	20s