

WARM UP x 3 sets

- 1. Lateral Hurdle Steps** **5 reps/side**
- 2. Side Step Shuffle** **10 reps/side**
- 3. Deadbugs** **5 reps/side**
- 4. Fire Hydrant** **5 reps/side**
- 5. Yoga Pike** **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	Crab Toe Touch	35s	25s	40s	20s	45s	15s	40s	20s
A2	Wall March	35s	25s	40s	20s	45s	15s	40s	20s
A3	Plank Alternating Toe Touch	35s	25s	40s	20s	45s	15s	40s	20s
A4	Jump to Back Pedal	35s	25s	40s	20s	45s	15s	40s	20s
A5	Alternating Leg Lowers	35s	25s	40s	20s	45s	15s	40s	20s
B1	Sprinter Step Back	35s	25s	40s	20s	45s	15s	40s	20s
B2	Plank Jack	35s	25s	40s	20s	45s	15s	40s	20s
B3	Close Stance Squats	35s	25s	40s	20s	45s	15s	40s	20s
B4	Sit Out	35s	25s	40s	20s	45s	15s	40s	20s
B5	Sit Ups	35s	25s	40s	20s	45s	15s	40s	20s