

**WARM UP x 3 sets****Raise body temp**

- 1. Sprinter Step Back** 5 reps/side
- 2. Bent Arm Circles** 10 reps/direction

**Activate**

- 3. Kneeling Prisoner Extension** 10 reps
- 4. Birddog** 5 reps/side

**Mobilise**

- 5. Hip Flexor Side Bends** 5 reps/direction/side

| 3 set of A's<br>Rest 2-3 minutes<br>3 sets of B's |                           | LEARNING |      | PROGRESS |      | PEAK |      | RELOAD |      |
|---------------------------------------------------|---------------------------|----------|------|----------|------|------|------|--------|------|
|                                                   |                           | WORK     | REST | WORK     | REST | WORK | REST | WORK   | REST |
| A1                                                | Reverse Lunge + Twist     | 35s      | 25s  | 40s      | 20s  | 45s  | 15s  | 40s    | 20s  |
| A2                                                | Plank Saw                 | 35s      | 25s  | 40s      | 20s  | 45s  | 15s  | 40s    | 20s  |
| A3                                                | Lateral TouchDowns        | 35s      | 25s  | 40s      | 20s  | 45s  | 15s  | 40s    | 20s  |
| A4                                                | Hip Taps                  | 35s      | 25s  | 40s      | 20s  | 45s  | 15s  | 40s    | 20s  |
| A5                                                | Alternating Leg Lowers    | 35s      | 25s  | 40s      | 20s  | 45s  | 15s  | 40s    | 20s  |
|                                                   |                           |          |      |          |      |      |      |        |      |
| B1                                                | Burpees                   | 35s      | 25s  | 40s      | 20s  | 45s  | 15s  | 40s    | 20s  |
| B2                                                | Yoga Pike + Reach         | 35s      | 25s  | 40s      | 20s  | 45s  | 15s  | 40s    | 20s  |
| B3                                                | Reverse Low Jacks         | 35s      | 25s  | 40s      | 20s  | 45s  | 15s  | 40s    | 20s  |
| B4                                                | Toe Tap Mountain Climbers | 35s      | 25s  | 40s      | 20s  | 45s  | 15s  | 40s    | 20s  |
| B5                                                | 1-Leg In-Outs             | 35s      | 25s  | 40s      | 20s  | 45s  | 15s  | 40s    | 20s  |