

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

1. Knee Grab March 10 reps/side
2. Alternate Arm Swings 10 reps/direction

Activate

3. Bent Over W's 5 reps
4. Fire Hydrant 5 reps/side

Mobilize

5. Half Kneel T-Rotation 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	Forward+Reverse Lunges	35s	25s	40s	20s	45s	15s	40s	20s
A2	Plank Leg Lifts	35s	25s	40s	20s	45s	15s	40s	20s
A3	Low Lateral Shuffle	35s	25s	40s	20s	45s	15s	40s	20s
A4	Knee Taps	35s	25s	40s	20s	45s	15s	40s	20s
A5	Straight Arm Sit Ups	35s	25s	40s	20s	45s	15s	40s	20s
B1	Prisoner Surrenders	35s	25s	40s	20s	45s	15s	40s	20s
B2	Cossack Hand Walkouts	35s	25s	40s	20s	45s	15s	40s	20s
B3	Squat to Toes	35s	25s	40s	20s	45s	15s	40s	20s
B4	Mountain Climber Switch	35s	25s	40s	20s	45s	15s	40s	20s
B5	Flutter Kicks	35s	25s	40s	20s	45s	15s	40s	20s