



4.3 Strength

Circuit 1: 3 sets

Single leg squat: 6 reps each

Side plank reach under: 8 reps each

Push up to Knee tuck: 6 reps

Circuit 2: 3 sets

Glute Bridge w/ chest fly: 30 seconds

Squat to Romanian Deadlift: 8 Reps

Skull crushers: 10 Reps

Circuit 3: 3 sets

Duck walk w/ arms extended: 12 steps each

Dumbbell pullover: 10 Reps

Pulse Crunch: 20 reps