**5.1 Strength**

**Circuit 1: 3 sets**

Spider-Man Push Up: 6 Reps Each

1 Arm kettlebell Deadlift: 8 Reps Each

See Saw to plank: 10 reps +30 seconds hold

**Circuit 2: 3 sets**

Curl to push Press: 10 Reps

Messier Squat: 10 Reps Each

Kettlebell Swing: 10 Reps

**Circuit 3: 3 sets**

Suitcase carry: down and back

Single leg, straight leg deadlift w/ medicine ball Extension: 6 Reps Each

Alternating Dumbbell Row: 6 Reps Each