**5.3 Strength**

**Circuit 1: 3 sets**

Messier Squat: 10 Reps

Front Raise to Row: 8 Reps

Lateral Plank Walk: 5 Reps Each

**Circuit 2: 3 sets**

3 position push up hold: 10 seconds each

Single leg Hop: 10 seconds each

Bicycle Crunch with full extension: 8 reps each

**Circuit 3: 3 sets**

Plank hip dip: 10 reps each

ISO Squat w/ press: 10 reps

1 arm 1 leg lateral Raise: 8 Reps Each