**5.4 Strength**

**Circuit 1: 3 sets**

Duck Walk to band Row: 4 Steps Each + 5 rows

Sumo Squat with heel Raise: 10 Reps Each

Standing dumbbell Rotation: 6 Reps Each

**Circuit 2: 3 sets**

Push up with pause: 6 reps with a 2 second pause

Bicycle Crunch: 10 Reps Each

Single Leg Squat to Bench: 6 Reps Each

**Circuit 3: 3 sets**

Dumbbell Overhead Press: 8 Reps

Banana boat: 4 Reps Each

Single leg, straight leg deadlift with Extension: 8 reps each