



8.1 Strength

Circuit 1: 3 sets

Lying Y's and T's: 8 Reps Each

Glute L-Lift: 10 Reps Each

High plank Walk Out: 10 Reps

Circuit 2: 3 sets

Kettlebell swings: 12 reps

Fire hydrants: 12 Reps Each

Single leg, straight leg deadlift w/ medicine ball Extension: 8 Reps Each

Circuit 3: 3 sets

Lateral to front Raise: 10 Reps

Plank rows: 8 reps each

Feet elevated tic Toc: 30 Seconds