8.2 Strength

Circuit 1: 3 sets

Push up w/ shoulder tap: 10 reps

Rear Foot Elevated Split Squat: 10 Reps Each

Crunchy Frog: 12 Reps

Circuit 2: 3 sets

Single leg squat to Bench: 8 Reps Each

Leg lifts: 12 reps

Reverse Fly: 10 Reps

Circuit 3: 3 sets

Stability ball alternating leg lift: 8 reps each

Superman hold: 30 seconds

Glute ham Raise: 6 Reps