



### **8.3 Strength**

Circuit 1: 3 sets

1 1/4 Split Squat: 8 Reps Each

Front Raise to Dumbbell Row: 8 Reps

Lateral Plank Walk: 8 Reps Each

Circuit 2: 3 sets

3 position push up: 10 seconds each

Single Leg Hop: 10 seconds each

Bicycle Crunch w/ full extension: 8 reps each

Circuit 3: 3 sets

Plank hip dip: 10 reps each

ISO Squat w/ Dumbbell Press: 10 Reps

1 arm 1 leg curl to push Press: 8 Reps Each