



8.4 Strength

Circuit 1: 3 sets

Dumbbell front squat: 10 reps

Dumbbell punch: 30 seconds

Plank Jacks: 8 Reps

Circuit 2: 3 sets

Alternating Arnold Press: 6 Reps Each

Banded Hip Extension: 10 Reps Each

Alternating leg lift: 10 reps each

Circuit 3: 3 sets

Dead bug: 10 Reps Each

Curtsy Step down: 8 Reps Each

Banded Row: 10 Reps