



## 9.2 Strength

Circuit 1: 3 sets

Single leg squat: 6 Reps Each

Side plank reach under: 8 Reps Each

Push up w/ hand step out: 6 Reps

Circuit 2: 3 sets

Glute bridge w/ chest fly: 30 Seconds

Squat to Romanian deadlift: 8 Reps

Skull crushers: 10 Reps

Circuit 3: 3 sets

Dumbbell pullover: 10 Reps

Duck walk w/ arms extended: 10 steps each

Pulse crunch: 20 Seconds