



9.3 Strength

Circuit 1: 3 sets

Dumbbell front squat: 10 Reps

Dumbbell punch: 30 Seconds

Plank pike up: 8 Reps

Circuit 2: 3 sets

Alternating Arnold press: 6 Reps Each

Banded hip extensions: 10 Reps Each

Plank w/ alternating leg lift: 10 Reps Each

Circuit 3: 3 sets

Slider rollout: 10 Reps

Explosive step up: 8 Reps Each

Banded rows: 10 Reps