



Workout A	Reps	1	2	3	4
BEAR STEP WITH HOP	10				
DB JACK KNIFE [WITH BALLS]	20				
TOE TOUCH CROSS PUNCH - RIGHT	10				
TOE TOUCH CROSS PUNCH - LEFT	10				
PRONE JAX	10				
LATERAL LUNGE WITH HOP - RIGHT	10				
LATERAL LUNGE WITH HOP -LEFT	10				
GODDESS POSE WITH CALF RAISE	10				
Workout B	Reps	1	2	3	4
REV. LUNGE WITH OVERHEAD REACH, L	10				
REV. LUNGE WITH OVERHEAD REACH, R	10				
SANTANA W/ PUSH UP	10				
STANDING SCAP SLIDES - RIGHT	10				
STANDING SCAP SLIDES - LEFT	10				
SINGLE LEG GLUTE BRIDGE - RIGHT	10				
SINGLE LEG GLUTE BRIDGE - LEFT	10				
ALTERNATING PRAYING MANTIS	10				
Workout C	Reps	1	2	3	4
SQUAT ROUNDHOUSE PUNCH	10				
BIRD DOG X-CONNECT - RIGHT	10				
BIRD DOG X-CONNECT - LEFT	10				
REVERSE LUNGE WITH ALT. ROTATION	10				
DEADBUG X-CONNECT - RIGHT	10				
DEADBUG X -CONNECT - LEFT	10				
SEATED WINDMILL ROLL	10				
WARRIOR 3 ALTERNATING	10				