

Option 1				
Exercise	Sets	Reps	Rest	Notes/Cues
W1) Bear Crawls	1	10ea	x	
W2) Yoga Push Ups / Downward Dog	1	10	x	
W3) World's Greatest Stretch	1	5ea	x	
W4) Squat to Alt. Reverse Lunge	1	5ea	As Needed	
A1) Alternating 2DB Floor Press	2-3	10ea	x	
A2) 2DB RDL	2-3	12	60s	
B1) 1-Arm DB Row	2-3	12ea	x	
B2) Glute Bridge Marches	2-3	10ea	60s	
C1) 2DB Swings	2-3	10	x	alternative: 1-Arm DB Clean
C2) Alt. Split Jumps	2-3	10ea	x	alternative: split squat
C3) Plank Builders	2-3	8ea	60s	start off in a low plank position and transition to high plank position
Cool Down 3-5min stretch				
Option 2				
Exercise	Sets	Reps	Rest	Notes/Cues
W1) Bear Crawls	1	10ea	x	
W2) Yoga Push Ups / Downward Dog	1	10	x	
W3) World's Greatest Stretch	1	5ea	x	
W4) Squat to Alt. Reverse Lunge	1	5ea	As Needed	
A1) Seated 2DB Shoulder Press	2-3	12	x	alternative: single arm floor press x10ea
A2) Gobler Reverse Lunges	2-3	10ea	60s	
B1) 2DB Bentover Rows	2-3	15	x	
B2) Alternating Lateral Lunges	2-3	10ea	60s	
C1) Push Ups	2-3	10	x	
C2) Alt. High Plank Rows	2-3	10ea	x	alternative: Renegade Rows
C3) High Plank DB Drag	2-3	8ea	60s	alternative: Turkish Sit Ups
Cool Down 3-5min stretch				