

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) KB Deadlift	2-3	12	x	alterantive: 2KB, Trap Bar
A2) KB Deadbug Pullovers	2-3	12	60s	start off in deadbug positon then fully extend legs and arms to execute movement
B1) Single Arm Single Leg KB RDL	2-3	8ea	x	upgrade: 2KB - bodyweight if needed
B2) Close Grip KB Floor Press	2-3	15	60s	
C1) KB Swings	2-3	10	x	alternative: 1-Arm DB Clean
C2) KB Thruster	2-3	10	x	alternative: split squat
C3) Jump Rope	2-3	1 min	60s	alternative: rower - 500m , bike - 20cal , mountain climbers - 40ea
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) Single Arm Alt. KB Deadtop Rows	2-3	12ea	x	
A2) 1KB Racked Front Squat	2-3	8ea	60s	Alternative: Goblet Squat or Box Squats
B1) Seated Band Pull Aparts	2-3	15	x	Alternative: Plank Rows x8ea
B2) Step Through Lunges	2-3	10ea	60s	Alternative: RFE Split Squats, Split Squats, Single Squat to Box
C1) Hand to Hand Swing	2-3	10ea	x	
C2) Figures 8s	2-3	10ea	x	alternative: Halos, slingshots, hang clean, half kneeling KB lift
C3) Hollow Body Hold vs KB	2-3	20s	60s	alternative: Plank, Side Plank, Body Saws
Cool Down 3-5min stretch				