

Sheet1

Lift	Reps	Time(s)
TRX Single Leg Squats	8/8/8	
KB Low-to-High Side Chops	8/8/8	
Rope Pulls (s)	120/120/120	
Bosu Weighted Crunch	15/15/15	
DB Squats	10/10/10/10	
TRX Rows	12/12/12	
BW Plank (s)	120/120/120	
Medicine Ball Pushup	8/8/8	
Spider Crawls, Knee-Elbow	8/8/8	
Raised Leg Lifts	10/10/10	
Selectorized Ab Crunch	16/16/16	