

## Strength Workout

1. Ab Exercises (30 seconds on/30 seconds off)
  - a. Sit-ups
  - b. Crunches
  - c. Oblique's
  - d. In & Outs (Briefcase)
  - e. Scissors
  - f. Flutter Kick
  - g. Bicycle Forward
  - h. Bicycle Backward
  - i. V-Ups
  - j. Cherry Pickers
  - k. Kayakers
  - l. Gundas - half
  - m. Gundas - full
  - n. Mountain Climber
2. Back Exercises (30 on, 30 off) x2
  - a. Superman – up and down
  - b. Superman – flying
  - c. Mule kick
  - d. Fire hydrant
  - e. Heil Hitler
3. Planks (1 minute hold, 30 second break) x2
  - a. Front
  - b. Side
  - c. Side
  - d. Back
  - e. Star
4. Dips
  - a. 4 sets x 30 seconds, 30 off
5. Push-Ups (30 seconds on, 30 seconds off) x2
  - a. Regular
  - b. Wide
  - c. Narrow
6. Leg Flexion (10/leg)
  - a. Standing squat
  - b. Double Pole Wall Exercise
  - c. Side lunges
  - d. Leg in back single leg squat
  - e. Leg in front single leg squat (assistance if necessary)