

Mix day 1      90 minutes

Warmup	Run 5 km
	Stairs, 5 minutes
	Row, 5 minutes
Stretches	Reverse Prayer
	Modified reverse prayer
Exercises	Plank
	Push-ups, 100
	Dumbbell Flyers
	Squat 3 x 10
	Dumbbell bench-press
	Wall sit
	Overhead press 3 x 20, 75 kg
	Seated Arnold Press
	Static lunge
	Resistance band push ups
	Dead hang
	Hug a ball
Cooldown	Yoga 10 minutes
	Walk, 2 minutes