

A1.) Jump Squat 4x 10-12 1-1-X-0 30s rest

A2.) Crab walks (can use band placed just above knee) 4x 8-10 1-1-1-1 30s rest

A3.) Plank with Rotation (shoulders AND hips should move at same time) 4x 8-10 total 1-1-1-1
60s rest

B1.) Alternating lung SuperSet squat 4x 12 lunges/24 squats 2-1-X -0 30s rest

B2.) Hip thrust - frog style (can elevate feet) 4x 12-15 2-0-2-1 30s rest

B3.) Single leg toe touch 4x 10-12 per side 2-0-1-1 60s rest

C1.) Step up or single squat 4x 10-12 per leg 2-0-1-0 30s rest

C2.) Lateral pop overs. 4x 10-12 0-X-0-X 30s rest

C3.) Single leg hip thrust (can elevate foot) 4x 12-15 2-0-2-0 60s rest