

WARM UP

Air Squats	30
Knee Tucks-Lung and Twist	5 each leg
hip opener	5 each leg
Toe Touches	5 each leg
Leg Swings	5 each leg
90/90	15 sec each side
Step Throughs	5 each leg
Rotating Squats	5 each side
Cossack Squats	5 each side
Cossack Openers	5 each side
Quad Pulls	15 sec each leg
Calves	15 sec each leg
Push ups	30
YTW (on wall)	15

DAY 1 CORE

Supermans	3x30 seconds
Front and Side Planks	3x30 seconds each side (front, side, side)
Anti rotation	3x30 seconds each side

DAY 2 CORE

Shoulder Taps	3x30 Seconds
Dead Bug	3x15 each side
Med Ball Passes	15 each way

DAY 3 CORE

Med Ball Slams	3x15
Anti Rotation	3x30 seconds each side
Front and Side Planks	3x30 seconds each side (front, side, side)