

2.		ance & Stability // Workout				
	Weight	SET 1 Time / Reps	Weight	SET 2	Weight	SET 3
Alt Single Leg Snatches R/L	weight	Time / Reps	weight	Time / Keps	weight	типе / керз
Single Leg Side Jumps R/L			_			
Alt Lunga w/ Single Arm Overhead P/I		! 		l 		! [
Alt Lunge w/ Single Arm Overhead R/L Single Leg Inchworm w/ Push-up R/L			_		-	
Single Leg menworm w/ rush-up h/L						[
Side Plank / Push-up / Side Plank						
Lateral Side Kicks R/L						
Row to Fly R/L			_			
Single Leg Forward Jumps R/L						
	Core	e // Workout #2: 9	0/30 x 3 (5-1))		
		SET 1		SET 2		SET 3
Devices Plank Cide Decree 2	Weight	Time / Reps	Weight	Time / Reps	Weight	Time / Reps
Reverse Plank Side Presses, Reverse Leg Lifts (Knees up)						
Reverse Plank Hold						
Lower Leg Lift, Hold 5						
Plank						
Bicycles, Hold 5						
Side Plank R						
Mt climbers, Hold 5						
 Side Plank L						
		I		I		I
	Total Bo	ody // Workout #3	3: 90/30 x 3 (5-1)		
		SET 1		SET 2		SET 3
	Weight	Time / Reps	Weight	Time / Reps	Weight	Time / Reps
Single Leg Wall Sit - High Low w/ Weight R/L					_	
Plank Side Punches						
Squat Knee Tuck w/ Weight, Frog Hops (Hands w/ Fists)						
Alt Toe Touches (on Back)						
Reverse Plank - Knee w/ Dip R/L						
Plank Side Punches			_		-	
Push-up Climbers, Mt. Climbers						!
Alt Toe Touches (on Back)			_		-	
THE TOO TOUCHES (OIT DUCK)						l
	Cardi	o // Workout #4:	90/30 x 3 (5-3	1)		
		SET 1		SET 2		SET 3
Ball - Mat Jump w/ Lift, Sumo Burpee	Weight	Time / Reps	Weight	Time / Reps	Weight	Time / Reps
Kicks			-			
		 		I I		
Bench - Side Step-Ons, Sumo Burpee			_			
Tricep Kicks						
Plank Jacks, Sumo Burpee						
Plank Jacks, Sumo Burpee Kicks					_	

Tricep Kicks