

Balance & Stability // Workout # 1: 90/30 x 3 (5-1)

	SET 1		SET 2		SET 3	
	Weight	Time / Reps	Weight	Time / Reps	Weight	Time / Reps
Alt Single Leg Snatches R/L						
Single Leg Side Jumps R/L						
Alt Lunge w/ Single Arm Overhead R/L						
Single Leg Inchworm w/ Push-up R/L						
Side Plank / Push-up / Side Plank						
Lateral Side Kicks R/L						
Row to Fly R/L						
Single Leg Forward Jumps R/L						

Core // Workout #2: 90/30 x 3 (5-1)

	SET 1		SET 2		SET 3	
	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						

Total Body // Workout #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)						

Cardio // Workout #4: 90/30 x 3 (5-1)

	SET 1		SET 2		SET 3	
	Weight	Time / Reps	Weight	Time / Reps	Weight	Time / Reps
Ball - Mat Jump w/ Lift, Sumo Burpee						
Kicks						
Bench - Side Step-Ons, Sumo Burpee						
Tricep Kicks						
Plank Jacks, Sumo Burpee						
Kicks						
Mt. Climbers, Sumo Burpee						
Tricep Kicks						