

Workout #1:



Warm-up

Prone Breathing x 5

Head nods x 5 + R, L x 5

Adductor rocking x 5ea

Spiderman with rotation x 5ea

Hip Lifts x 10

Wall slides with band x 10

Exercise

Reps

2H Swings

x 20

Goblet Squats

x 10

Push ups

x 5

Rest: As needed at the end of all 3 exercises

Repeat x 10 rounds

Notes: