

# Workout #12:



## 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

Racked March

x 10 ea

SA Swings

x 5

SA Cleans

x 5

Racked Squat

x 5

Swing / switch

Rest :30 Repeat

Repeat 5 rounds

## Notes: