

Workout #13:



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
Goblet Squat to bicep curl to OH press	x 10
2H Swings	x 20
AMRAP 15 minutes	

Notes: