

Workout #6:



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
KB Deadlift	x 8
Upright Row	x8
Goblet Alt. Reverse Lunge	x 8 ea
OH Press (2 hand)	x 8
Squat Thrust	x 8
Rest 1:00	
Repeat for 5 total rounds	

Notes: