

Workout #8:



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 Reverse lunge
to OH Press (2H)

x 8 EA

Swing

x 20

Rest :30

Repeat x 3

Notes: