

Workout #9:



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

Plank Reach

x 5 ea

Floor Press

x 5 ea

SL SLDL

x 5 ea

Cleans

x 5 ea

SA Swings

x 5 ea

AMRAP 20 minutes

Notes: