

# Workout #2:



## 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

SA Swing

x 10

SA Clean

x 5

SA Press

x 5

Racked Squat

x 5

Lunge Row

x 5

Switch Sides and Repeat

Rest: 2:00

Repeat for 5 total rounds

## Notes: