

Workout #3:



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

Thrusters

x 10

Swings

x 10

Thrusters

x 8

Swings

x 8

Thrusters

x 6

Swings

x 6

Thrusters

x 4

Swings

x 4

Thrusters

x 2

Swings

x 2

Rest as long as needed and go UP the ladder starting with 2 reps of both and finishing with 10

Core: 3 rounds of:

Deadbugs x 10 ea

Plank Hold :30

Notes: