

WARM-UP					Jump rope	300		
MOBILITY/ACTIVATION					Bretzel Breathing	6 per side		
					Roll/Release Lats	60-90s per side		
					Cookie Trays	10		
					Supersperson w/ ISO hold	10 w/ 2s hold at top		
					Single Leg Glute Bridge w/ ISO hold	10 w/ 2s hold at top		
					RKC (super tight) Plank	3 x 10s (10s rest in between)		
DAY TWO								
MOVEMENT					SETS	REPS	REST	NOTES
A	Wall Press Dead Bugs	2	6 per side	45s	actively press into wall with hands; legs bent or straight			
B1	Pendulum Lunge	3	8 per leg		pause at top of each lunge if needed; add weight if you have it	For this quadset: Complete the reps one side (8 per side or 20s), then switch to the opposite side and complete the reps there. That equals one set.		
B2	TRX Inverted Row		15		elbows pull toward back pockets; non-TRX version			
B3	Quadruped Pull Through		8 per side		knees up for harder version; add weight if you have it			
B4	Side Plank		20s per side	60s	from elbow to start; keep hips perpendicular to floor and up			
C1	SL Swing Jumps	2	6 per leg		use momentum of swinging leg to draw forward; land softly			
C2	Monster Squares		4		2 steps per side of square; 8 total steps in one rep			
C3	SL Drop Squat		4 per leg		pull body down into standing leg; coil up into hamstring and glute			
C4	Cross Knee-to-Elbow Plank		10 per side	as needed	use sliders if you have them; press hard into ground with hands			
SET & REP CHANGES								
Week 1 = ease in period; do all sets and reps as written above								
Weeks 2 = increase circuit (exercises C1-C4) to 3 rounds								
Week 3 = increase strength quadset (exercises B1-B4) to 4 sets; circuit stays at 3 rounds								
Week 4 = strength quadset stays at 4 sets; increase circuit to 4 rounds								
Week 5 = deload; do all sets and reps as written above								