

WARM-UP					
	Jump rope			300	
MOBILITY/ACTIVATION					
	Bretzel Breathing			6 per side	
	Roll Thoracic Spine			60-90s per side	
	Roll Pecs (preferably with ball)			60-90s per side	
	Band Pull Apart			20	
	Bear Crawl			10 crawls per arm	
	Kettlebell Bottoms Up Carry			30s per side	
DAY FOUR					
MOVEMENT		SETS	REPS	REST	NOTES
C I R C U I T	Windmill	5	10 per side		sassy hip pushes back; wrist/elbow stacked above shoulder
	Pledge Plank		10 per side		from knees is okay; knees can touch ground or not
	Jump Rope		100		break these up and/or modify number as needed
	Monster Walk		30 total steps		should feel this in your side butt big time; non-band option
	Split Squat		15 per side		rear foot elevated or on the ground; front knee over shoe laces
	Jump Rope		100	as needed	break these up and/or modify number as needed
SET & REP CHANGES					
<i>Try to beat your circuit time each week you add on this training day</i>					