



11/03/2024	12/03/2024	13/03/2024	14/03/2024	15/03/2024	16/02/2024
mobility 30sec /2 round	mobility 30sec /2 round	mobility 30sec /2 round	mobility 30sec /2 round	mobility 30sec /2 round	mobility 30sec /2 round
world greatest stretch	lateral lunges hip stretch	hip flexor	90/90 stretch	arm rotation	cobra and mountain
worm walk	frog stretch	passthrough	Arm circles forward and backward	high hold to toe touch	t spine rotation
shoulder taps	thread the needle	rotated calf muscles	Thread the needle	hamster swipe	inchworm
donkey kick	superman shoulder reach	cat and camel	frog stretch	quad hold activation	arm rotation
main workout 10 reps/12 minutes	main workout 30 sec/18 minutes	main workout 10 reps/12 minutes	main workout 10 reps/12 minutes	main workout 20 sec/18 minutes	main workout 10 reps/12 minutes
thruster to shoulder taps	battle rope	Kettlebell swings	Bent-over rows	battle rope	upright row
Bicycle crunches	deadlift	dumbbell clean	Dumbbell lateral raises	burpees	dumbbell rowing
Burpees	med ball slam	Push-ups	Jump squats	Farmer's walk	superman up and down
Hip thrusts	high knee cross on box	Tricep dips	Wall sits	Bicycle crunches	leg raise
core 30 sec/3 round	cooldown	core 30 sec/3 round	core 30 sec/3 round	Dumbbell bicep curls	core 30 sec/3 round
Dead bug		Tuck jumps	Reverse crunches	Flutter kicks	mountain climber
Side plank with oblique crunch		Medicine ball slam	V-ups	cooldown	seated tucks
cooldown		cooldown	cooldown		cooldown

