

40 knee ups left	10 alt arm leg raise ea	15 burps	20 pop squats	20 dips
10 single leg hold/squat w front raise left leg	40 dead bugs	20 frog jumps	10 commandos	30 prisoner squats
40 knee ups right	10 down ups	20 MB squat press	20 band pull aparts	20 skaters
20 band rows	20 hip bridges	15 leg raises	20 feet raised crunches	10 single leg hold/ squat w front raise right leg
20 side shuttle touch	10 x 4 mountain climbers 1 pushup	50 mountain climbers ea side	15 back extension	15 moving planks

40 knee ups right	10 down ups	30 prisoner squats	10 commandos	10 single leg hold/ squat w front raise right leg
15 back extension	20 skaters	20 MB squat press	20 dips	20 hip bridges
10 single leg hold/squat w front raise left leg	15 burps	20 frog jumps	20 feet raised crunches	40 knee ups left
20 band rows	10 x 4 mountain climbers 1 pushup	40 dead bugs	15 leg raises	20 pop squats
20 side shuttle touch	50 mountain climbers ea side	15 moving planks	10 alt arm leg raise ea	20 band pull aparts

20 skaters	20 feet raised crunches	10 x 4 mountain climbers 1 pushup	15 back extension	15 leg raises
10 single leg hold/ squat w front raise right leg	15 moving planks	10 single leg hold/squat w front raise left leg	20 MB squat press	40 knee ups left
20 band rows	20 side shuttle touch	20 frog jumps	10 down ups	40 dead bugs
40 knee ups right	20 hip bridges	50 mountain climbers ea side	10 commandos	10 alt arm leg raise ea
20 band pull aparts	30 prisoner squats	20 pop squats	15 burps	20 dips