

Monday & Wednesday

A

- 6 [Stationary Inch Worms](#)
- 20 [Seal Jacks](#)
- 10 [up/down planks](#)
- 20 [Cross Body Jacks](#)
- 10 [double arm windmills](#)
- 15 [Predator Jacks](#)
- 5 [Kneeling Parallel Slide](#)
- 5x{5s [Plank Rockers](#)
{up down planks

Thera Bands: ([workout video](#))

- 30s Standing [Pallof Press](#) / side
- 30s [Big Watusi](#)
- 30s [Bent-over fast pulls](#)
- 30s [Snow Angels](#)
- 30s [Archer](#)
- 30s [W to Y](#)
- 30s [Bent-over fast pulls](#)
- 30s [Seated Band Rows](#)

EMOM (6min, small groups)

- {12 [Plank Hip Taps](#)
- {8 [Skater Squats](#)/Leg
- {10 [Sit-up/Get-ups](#) w/ Streamline Jump

B

- 12 [Side Lunges](#)
- 8 [Split Squats](#)/leg
- 5x(5s [Negative push-ups](#), relax @ bottom)
- 5 [Cat & Cow](#)
- 12 [High Plank Shoulder Taps](#)
- 8 [Spiderman planks](#)
- 8 [Superman](#)
- 5x(5s [Negative push-ups](#), relax @ bottom)
- 5 [Cat & Cow](#)

Tabata (20sec on/10sec off): (small groups or partners)

- 5x{[Jump & Clap](#)
- Note: exercise is Step 2 (:20s) on video
{Tuck Jump, [Broad Jump](#), [Back pedal](#)
Note: 5min total, done as (20s exercise #1, 10s rest, 20s exercise #2, 10s rest, ...)

Cool Down

- 2x{[Child's pose](#) ⇒
- {[Downward Dog](#) ⇒
- {[Cobra](#) ⇒

Tuesday & Thursday

A	B
<ul style="list-style-type: none">• 20 Arm Circles each Forward/Back• 1 Lunge & Reach Progression• 6 T Push-ups (hold side plank 5s)• 1 Lunge & Reach Progression• 10 Rock & Rolls• 1 Lunge & Reach Progression• 12 Shin Box Switches• 6 Single-Leg RDL 3-Way Reach/leg• 3x (Half-Kneeling Stretch)/ side - 3 steps each (forward, 45°, 90°)	<ul style="list-style-type: none">• 12 Side Squats• 6 T Push-ups (hold side plank 5s)• 6 Leg Climbs/Leg• 12 Plank Hip Taps• 5 Cat & Cow• 6x(5s Bear Plank)• 8 Supine Leg March• 8 Dead Bugs• 12 Twisting Bears• 6 Shoulder Extension Walks
<p>Thera Bands: (workout video)</p>	<p>Tabata (20sec on/10sec off): (small groups or partners)</p>
<ul style="list-style-type: none">• 30s Standing Pallof Press / side• 30s Big Watusi• 30s Bent-over fast pulls• 30s Snow Angels• 30s Archer• 30s W to Y• 30s Bent-over fast pulls• 30s Seated Band Rows	<ul style="list-style-type: none">• 5x {Semicircle Mountain Climbers Skater Jumps <p>Note: 5min total, done as (20s exercise #1, 10s rest, 20s exercise #2, 10s rest, ...)</p>
<p>EMOM (6min, small groups)</p>	<p>Cool Down</p>
<ul style="list-style-type: none">• {16 Plank Toe Taps• {10 Sprinter Skips/Leg• {12 Deep* Split Squat Jumps <p>* Touch Both hands to ground to go deep enough</p>	<ul style="list-style-type: none">• 2x {Downward Dog ⇒• {Pigeon Pose ⇒