

Exercise	Reps/Time	Notes
<b>Warm-Up</b>		<i>adjust if you like to add your fave moves!</i>
<i>soft tissue work</i>	3-5 min	especially feet, calves, glutes, lats
<a href="#">Inchworm</a>	3	support your legs through your CORE to help out your hip flexors
<a href="#">Deadbug Hold</a>	5 breaths	breathe into your lower ribcage
<a href="#">Dying Bug</a>	5/side	maintain neutral spine and relax shoulders
<a href="#">Cook Hip Lift</a>	5/side	push through heel and squeeze glute
<a href="#">90-90s</a>	5/side	engage your core, keep limbs on the line!
<b>Circuit 1</b>	<b>2-3x</b>	
<b>Circuit 2</b>	<b>2-3x</b>	
<b>Mobility/Flexibility Work!</b>	<b>5 min</b>	use a foam roller or lacrosse ball to work out the sticky spots!

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<b>Squat</b>	<b>Hinge</b>	<b>Push</b>	<b>Pull</b>	<b>Core</b>	<b>Rotation</b>	<b>Metabolic</b>	<b>Mobility</b>
<a href="#">Goblet Squat</a>	<a href="#">KB Deadlift</a>	<a href="#">Push Up</a>	<a href="#">Band Rows</a>	<a href="#">Hardstyle Planks</a>	<a href="#">Torso Rotation</a>	<a href="#">Mountain Climbers</a>	<a href="#">90-90 Hip Mobility</a>
<a href="#">Lunge Matrix</a>	<a href="#">SL RDL to Hip Opener</a>	<a href="#">One-Arm Push Press</a>	<a href="#">DB Snatch</a>	<a href="#">Single Arm High Plank</a>	<a href="#">Lateral MB Slams</a>	<a href="#">One-Arm KB Swings</a>	<a href="#">Frog Hip Mobility (Adductor)</a>

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<a href="#">Sliding Lateral Lunge</a>	6/side	slide on wood floor or use paper plate on carpet
<a href="#">Pushups with a Plus</a>	6	can do from knees or toes, keep spine long
<a href="#">Running Side Plank</a>	6/side	can do from knees or toes, keep spine long
<b>Circuit 2</b>	<b>2-3x</b>	
<a href="#">Eccentric Hamstring Strength</a>	8	<a href="#">or Hamstring Walkouts</a>
<a href="#">Crawling</a>	8	hover knees above floor, neutral spine
<a href="#">Split Squat Jumps</a>	8	focus on snappy jumps and stable landings
<b>Mobility/Flexibility Work!</b>	5 min	use a foam roller or lacrosse ball to work out the sticky spots!