

**WARM UP x 3 sets**

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|-------------------------|--------------|------------------|
| 1. Standing Hip Circles | 10 reps/side | Raise body temps |
| 2. Narrow Stance Squats | 10 reps      |                  |
| 3. Forearm Wall Slide   | 10 reps      | Activate         |
| 4. Glute Bridge + Reach | 5 reps/side  |                  |
| 5. Side Lying Windmill  | 5 reps/side  | Mobilise         |

3 set of A's Rest 2-3 minutes 3 sets of B's		TEACHING		PROGRESS		PEAK		RELOAD	
		WORK	REST	WORK	REST	WORK	REST	WORK	REST
A1	Sit Throughs	35s	25s	40s	20s	45s	15s	40s	20s
A2	Overhead Jack	35s	25s	40s	20s	45s	15s	40s	20s
A3	Plank + Reach	35s	25s	40s	20s	45s	15s	40s	20s
A4	Alternating Side on Squats	35s	25s	40s	20s	45s	15s	40s	20s
A5	Leg Flutter Risers	35s	25s	40s	20s	45s	15s	40s	20s
B1	Prisoner Surrenders	35s	25s	40s	20s	45s	15s	40s	20s
B2	Plank Hip Rotations	35s	25s	40s	20s	45s	15s	40s	20s
B3	Alternating Lateral Taps	35s	25s	40s	20s	45s	15s	40s	20s
B4	Bear Crawl Square	35s	25s	40s	20s	45s	15s	40s	20s
B5	Rolling 45's	35s	25s	40s	20s	45s	15s	40s	20s

