



10 Minute warm-up

Add hip and shoulder stability work. There is a YouTube video that demonstrates.

10 Minutes AMRAP (as many rounds as possible)

50 Jumping Jax

40 Bird-Dog (20 each side)

30 Russia Twists

20 Supermans

10 Burpees

3 rounds – 15 minutes

45 seconds Low Plank Hold

10 Hollow Rocks

- - 20 seconds rest

45 seconds High Plank Hold

10 Toe Touches

- - 20 seconds rest

2 x 45 seconds side plank (right side then left side)

- - 20 seconds rest

5 minute warm-down.

Stretching and active movements