Warmup:
Inchworms
Superman Stretch
T-Walks

Pushup: 10

Start on belly with fingers pointing forward, fingers wide, hands at chest level.
Option to keep knees on floor.

Wall Ball Shot: 10

1. Stand about 1-2 feet away from the wall with your feet shoulder width apart. Hold the medicine ball in front of your face with your arms bent.
2. Bend your legs and lower your body until your thighs are just past parallel to the floor, as if performing a Front Squat.
3. Explosively extend your arms and legs, bringing your body to a standing position and throwing the ball at your target.
4. After releasing the ball, keep your arms outstretched over your head.
5. Wait for the ball to drop back towards you.
6. As the ball falls back towards you, catch it by bending your arms and legs and returning your body to position 2.
7. Your catch should cushion the ball on the way down in one smooth motion.
8. Finish the exercise in a squat and smoothly go into the next throw.
Standing Shoulder Press: 10

Single Leg Biceps Curls: 8x8x8

Triceps Dips: 10

Plank Walks: 10
1. Start in the plank position with abs tight
2. Bend one arm to bring the elbow and forearm to the floor
3. Bring other arm down.
4. Push back up to start position and repeat on the other side
5. **Single Leg Deadlift Reverse Fly: 10**

1. Stand with feet hip width apart and arms by sides
2. Bend at the waist to bring chest parallel to the floor raising one leg out behind you
3. Tighten abs and bring arms out to the sides so they’re parallel to the floor
4. Stand back up, bringing arms to your sides. Repeat, switching legs halfway through your time.

**Plank Row: 10**

1. Start in plank position
2. Perform a row, bringing your elbow up past your back and keeping it close to your sides. Repeat with the other arm.

**Plank: 30 Seconds**

**Cool Down:**
- Foam roller
- Band leg stretch
- Band upper body stretch