

<b>LOWER</b>
1a. Back Squat 4x3-5
2a. Walking Lunges 3x4-6 each (rack, side, overhead)
3a. Heels Elevated Goblet Squat 3x6-8
4a. Bent Knee Jack Knives 3x8-12
4b. Side Planks 3x30 seconds
4c. V Sit 3x20-30 seconds
<b>UPPER</b>
1a. Barbell Row 4x3-5
1b. Incline Plank DB Row 4x3-5 each
2a. Incline Bench Press 3x4-6 (up 3)
3a. Barbell OH Press 3x4-6
4a. Chin ups 5x1
<b>LOWER</b>
1a. Hip Thrusts 4x3-5
2a. Dumbbell RDL 4x4-6
2b. HS Curl with Slides 4x4-6 (SL)
3a. Calf Raises 3x6-8
4a. Low Ab Pull Aparts 3x20
4b. Slow Bicycles 3x20
<b>UPPER</b>
1a. Reverse Fly 3x6-8
2a. Close Grip Chest Press 3x6-8
3a. Upright Row 3x6-8
3b. Lateral Raises 3x6-8
4a. Supinated Curl 3x6-8
4b. Tricep Push Ups 3x6-8
<b>20 min AMRAP</b>
Rotational DB row 20
kb swings 20
Shoulder press 10
Lateral lunges with press 20
Mountain climbers 20