

- 15 Incline Push-Ups
- 20 Sumo Squats
- 10 Tricep Dips
- 10 Superman
- 15 Lying Hamstring Curls



BODYWEIGHT STRENGTH

- 15 Inchworms
- 20 Lunges
- 30 Second Reverse Plank
- 15 Wall Push-Ups
- 20 Squats

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- 15 Donkey Kicks
 - 15 Fire Hydrants
 - 20 Squats
 - 20 Hip Bridges
 - 15 Side Lunges



LOWER BODY

- 20 Calf Raises
- 15 Side Leg Raises
- 20 Lunges
- 30 Second Single Leg Bridge
- 20 Standing Kickbacks