

Complete 4 Rounds of :20sec On :10sec Off of Each Exercise (2min total/exercise)

Day 1

1. TRX Plank – Mid-Calf
2. Pushup Negatives (can try bw pushups) – Floor
3. TRX Hamstring Curl – Mid-Calf
4. TRX Front Squat – Fully Lengthened
5. TRX Mountain Climber Mid-Calf
6. TRX Mid Row – Fully Shortened *alternate with 7 & 8
7. TRX Crossover Curl – Fully Shortened *
8. Jumping Jacks – Floor *
Time Permitting: Max Side Plank/side 2x Hip Hinge T's 2x12

Day 2

1. Deadbug – Floor
2. TRX Chest Press – Fully Lengthened
3. Banded Glute Bridge (green) – Floor
4. TRX Drop Lunge R – Mid Length *Alternate with 5 & 6
5. TRX Drop Lunge L – Mid Length *
6. TRX Y's – Mid Length *
7. TRX Facepull – Mid Length
8. TRX Body Saw – Mid-Calf
Time Permitting: Frog Pump (banded 😊) 2x30 Sumo Squat to Stand 2x5

Day 3

1. Slow Russian Twist – Floor
2. TRX Good Morning – Mid Length *Alternate with 3 & 4
3. TRX Squat – Mid Length *
4. TRX T's – Mid Length *
5. TRX Wall Slide – Fully Shortened
6. TRX Low Row *2sec pause at back – Fully Shortened
7. 3pt Plank (one interval for each point) – Floor
8. TRX Jump Squat – Mid Length *alternate with 8*
Time Permitting: Partner Supine Pallof Press 2xMAX ISO Hold