

March 5-March 19

EXERCISE	REPS	SETS
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partner / pole candle stick - slow on the way down		5
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Single leg Ball Crunch 10 per leg/ 20 hand stand shrugs	10/20 reps	3
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Weighted single leg dead lift	6 reps	4
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Sand Bag Box Jumps	10	3
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Wall sit 1:30	switch :15	1
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Slider Adductors w/ hands on floor	15	3
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Floor Supermans/6" hollows 1:30 switching every 15 sec		2
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Do 3x a Week