



abs-olve me of my sins



Do set 1 of each exercise in A before resting and starting the second round of A. After 3 rounds move to B in the same format, then C. **For single side exercise, rep count is PER SIDE e.g. 3 x 8 = 8 reps per leg**

foam roll, stretch, + hip/core warm up encouraged

Circuit	Exercise	Sets/Reps	Notes
A	bench supported SLDL	3 x 12	Bench support is for balance and to sit back deeper into standing hip. Standing leg does all the work, push down through standing foot
	Single Arm Hip Thrust Chest Fly	3 x 12	Hips high but ribs down, keep hips stable as you open up your arm
	plank diagonals	3 x 6	6 each way with a pause, hips square to the ground as you lift each side.
	hip flexor stretch with rotation	3 x 6	Weight optional, engage rear glute before exhaling and twisting across front knee
<i>Minimal rest, 3 rounds</i>			
B	Counterweight step downs	3 x 10	Core tight, use light weights as counterweights to sit back on loaded heel
	Bear Crawl Row	3 x 10	Knees should be very close to ground, keep back flat/core tight and hips square to ground
	Side Plank hip lift	3 x 15	Open and close the side rib cage
	Adductor rock back	3 x 6	Big open chest, exhale as you rock back
<i>Minimal rest, 3 rounds</i>			
C	Half kneeling Shoulder Press	3 x 8	Opposite leg in front, ribs down as you press up
	Dead Bug Nosebreakers	3 x 8	8 reps per side, extending opposite leg of working arm. Keep back flat
	Alternating Bicep Curls	3 x 8	Soft knees, tight core. 8 per side
<i>Minimal rest, 3 rounds</i>			