



strong for the summer (v. 7)



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	SLDL to Reverse Lunge	3 x 8 each	Keep back flat, and try to use the rear leg as little as possible
	Alt Chest press w/ opposite leg lower	3 x 8 each	Core tight, back flat. lower opposite leg of working arm.
	Kneeling Walk Out	3 x 8	Tuck tailbone under/keep core engaged
	Staggered Hip Airplane	3 x 4 each way	focus on rotating pelvis as much as you can each direction by pressing through your front foot
<i>Minimal rest, 3 rounds</i>			
B	Transverse Goblet Squat	3 x 10 each	It's a single leg rotational squat, focus on rotating your pelvis toward the working leg.
	Staggered Rotational Row	3 x 10 each	Push through your lead leg to open up, it's like you're hip airplane with a row
	Weighted Side Plank	3 x :30	Weight optional, but arm straight if you use weight.
	Quad stretch	3 x :30	breathe slow
<i>Minimal rest, 3 rounds</i>			
C	Kneeling Shoulder Press w/ Side Bend	3 x 12 each side	Side bend towards the weight, then crunch oblique to bring midline back to neutral before shoulder pressing.
	Hollow Hold Nose Breakers	3 x 12	Back flat/ribs down
	Pulse Curls	3 x 12	Pulse the top 1/3 of the movement
<i>Minimal rest, 3 rounds</i>			