

		CORE		CORE	
Warm Up	REST	jog for 5 min at an easy pace	REST	3x 5 wall squats (facing wall) 10 air squats 10 hand release push ups	Rest
Stretch		reverse lunge w/overhead reach 5/side pike hold for 30 sec, child's pose for 30 sec cat/cow spiderman stretch 3/side 5 hand release push ups rev lunge w/twist 3/side		30 sec cobra 30 sec down dog T-spine rotation (8/side) Spiderman (3/side) Walk outs	
re:CON		30 second plank x3 (advanced clients shoot for one minute x3) 8 min AMRAP 12 air squats 9 push ups 6 sit ups 20 meter fast pace run (roughly a "down & back" on our turf) 3 min rest 8 min AMRAP: 10 walking lunges (5 each side) 10 dips (using a chair, bench, curb...) 10 burpees		4 Tabatas-work for 20 seconds, rest for 10 seconds for four minutes: 1-alternating crossovers & spider planks rest one minute 2-air squats (try to get the same number or more each 20 seconds) rest one minute 3-burpees (try to get the same number or plus one each 20 seconds) rest one minute 4-alternating push ups and tuck-ins	