

	MON	TUE	WED	THUR	FRI
<b>Warm Up</b>	3X 20 jumping jacks 20 mountain climbers 10 tuck-ins	REST DAY!	5 min jog	REST DAY	
<b>Movement Prep</b>	5 cat/cow 5 per leg side leg raises 5 spiderman 5 per leg glute bridge		5 cat/cow 5 T-spine rotation per side 5 push-ups plus 5 black burns (shoulder warm-up) 5 cobra to downward dog		3x 100 jump rope 20 alternating high knees 20 alternating heel kicks
<b>re:CON</b>	3 sets of work: 12 goblet squats/body-weight squats 10 per side split squat 10 per leg single leg deadlift 20 calf raises		5 rounds of work: 10 push-ups to T-spine (retract shoulders and contract back at the top) 10 pike push-ups for shoulders 10 dips off bench or chair 10 heavy rows or Y's off a chair if weights aren't available		5 Spiderman per side 30 sec hip flexor stretch 5 push-ups plus 5 cat/cow
	Repeat the warm-up as fast as possible 4x		25 feet bear crawl (You may have to get creative!) 25 Russian twist 4x		5 rounds of work: 12 per leg step-ups (Use bench, box, chair) Hip raises/hold for 10 (Use bed, bench, chair or floor) 1 min plank 30 sec hollow body hold
	<b>STRETCH!!!</b>		<b>STRETCH!!!</b>		1 mile run/walk <b>STRETCH!!!</b>