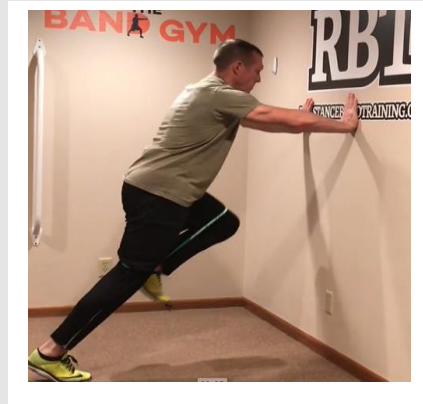


Complete each of the following exercises for 5 total sets before moving on to the next exercise. Perform 30-seconds of work followed by a 30-second rest. Complete all 4 exercises to complete your workout.



Wall Knee Drives

Quickly move side to side shuffling always making sure lead foot is position out as you change directions



2 Step Shuffle

Drop into a full squat with arms reaching out as far as possible. Make sure feet and hands move simultaneously.



Predator Drop Squat

Start in a Pushup position. While keeping upper body stable, perform quick jumping jack movements with feet, while always keeping some level of tension on the band. Rest in extended plank position for more stabilization training.



Mountain Climber Jacks