



10.3 Strength

Circuit 1: 3 sets

Push press: 8 reps (5,0,0)

V-Up to toe touch: 10 reps (5,0,0)

1 arm kettlebell split squat: 8 reps each (5,0,0)

Circuit 2: 3 sets

Banded row: 10 reps (5,0,0)

Alternating reverse crunch: 6 reps each (5,0,0)

Glute L-Lift: 6 Reps Each (5,0,0)

Circuit 3: 3 sets

Kettlebell high pull: 8 reps (5,0,0)

Goblet squat to good morning: 8 reps each (5,0,0)

Russian Twist: 10 Reps Each (5,0,0)