

PHASE #1 AT HOME WORKOUT

Warm Up

Alternating Walking Lunge 20 yds Fwd

Alternating Walking Lunge 20 Yds Rvs

Low Squat Jumps 4 sets of 1 min

Single Leg pops 4 ways x 75 Right/Left

Frog Leap 4 ways x 10 Forward/Right/Left/Backwards

Core

FEET 2" OFF GROUND X 25

Opposite Arm/Opposite Leg JACK-KNIFE X 12/12

REACH TO TOES X 25