WEEK 1 WORKOUT

ENGAGE	SETS/REPS
I. Pushups	3 x F
2. Plank Walk Ups from Knees	3 x F
3. Single Leg Drop Squats	3 x F each leg
L Aft. Sprinter Lunges	3 x F
. Thumbs Up Pushups from Knees	3 x F
5. Doorway Row Hold	3 x F

DAY 2 OFF

EXEMPLES	SETS/REPS
1. Hover Ptyo Pushups	3 x F
2. BW Side Laterals from Knees	3 x F
3. Prisoner Walk Ups	3 x F
4. Hip Bluck Marches	3 x F
C. Prone "W" Baises	3 x F
6. Iron Cross Wall Holds	3 x F

DAY 4 OFF

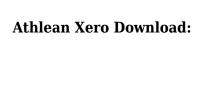
DOMOSE	SETS/REPS
1. Pushops	3 x F
2. Plank Walk Ups from Knees	3 x #
3. Single Leg Drop Squats	3 x F each leg
4. Alt. Sprinter Lunges	3 x F
E. Thumbs Up Pushups from Knees	3 x F
5. Doorway Row Hold	3 x f

DAY 6 OFF.

DAY 7 OFF

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