

Warm up - Foam Roller

Working Sets

Exercise	Reps	Sets	Weight
BW squats	10	3-4	0
Side lunges	10	3-4	0
Push ups with a plus	10	3-4	0
Side plank ups	10	3-4	0
Inch worms	10	3-4	0
SB knee raises	10	3-4	0
Bench dips	10	3-4	0
Lateral spidermans	10	3-4	0