

Fierce Abundance

Workout A		1	2	3	4
HIGH KNEE HOP TRANSFERS	10				
QUADROPED SCAP SLIDES	10/10				
DONKEY KICKS	10/10				
GECKO	10				
PULLING THE ANCHOR	10				
BICYCLES	20				
TREE POSE					
TREE POSE					
Workout B		1	2	3	4
SANTANA WITH PUSHUP	10				
STANDING ROW [LIKE SEATED ROW]	10				
SQUAT	10				
STANDING ROW TO SQUAT	10				
WIDE ELBOW CRUNCH	10				
HAND WALK OUTS	10				
SLRDL - REVERSE FLY	10				
SLRDL - REVERSE FLY	10				
Workout C		1	2	3	4
Squat Lunge Kick	10				
OVERHEAD PRESS	10				
CURTSEY SQUAT	10				
CURTSEY SQUAT TO OVERHEAD PRESS	10				
TOE TOUCH CROSS PUNCH	10				
TOE TOUCH CROSS PUNCH	10				
WARRIOR 2					
WARRIOR 2					