

No Excuses

Workout A	Sets/Reps	RND	RND	RND	RND
		1	2	3	4
Plank to Pke	4x10				
Curtsey Squat Alternating	4x10				
Bird Dog CC, Right	4x10				
Bird Dog CC, Left	4x10				
Front Kick/Back Kick R	4x20				
Front Kick/Back Kick L	4x20				
Superman with Shoulder Rotation	4x10				
Workout B	Sets/Reps	RND	RND	RND	RND
		1	2	3	4
Floor Scap Slides	4x10				
Snow Boards -stay low	4x20				
Plank	4x10				
Reverse Lunge with Switch Kick	4x10				
Press to Pike	4x20				
Butterfly Bridge	4x10				
Punch Jacks	4x20				
Workout C	Sets/Reps	RND	RND	RND	RND
		1	2	3	4
Plank Step Outs	4x10				
Burpee Jump to Kick	4x10				
Backbend heal touch	4x10				
Curtsey Squat to Kick, Alternating	4x10				
Reptile Knee Slides	4x10				
FBSS	4x10				
Polly Wogs	4x20				