WARM-UP

Foam Roll calves, adductors, lats

Cardio: 5 minutes brisk walk on the treadmill

ACTIVATION(core & balance)

Core: Floor bridge 15 reps, slow tempo

Core: Floor cobra 15 reps, slow tempo

Balance: Single-leg Balance Reach: Frontal Plane

RESISTANCE TRAINING:

Squat pattern: Ball squat

Hinge Pattern: Bodyweight good mornings

Push pattern: Incline Push-Up

Pull Pattern: Standing Tubing Row

Press Pattern: Standing Tubing Shoulder Press

YOUR CHOICE

Plank 90 seconds

Cool down

Cardio 5 minute walk on the treadmill

Foam Roll: Calves, Adductors, Lats

Static Stretch: Calves, Adductors, Lats