

Warm up	Exercise	Sets	Reps	Rest
Spinal Flexion	Bench Press	5	5	45-60 seconds
Figure 8 Arm Circles	Hanging Leg lifts	5	5	45-60 seconds
Scapular pushups	Bicep Curls	3	8	45-60 seconds
Kettle Bell Swings	Tricep Press	3	8	45-60 seconds
Finisher	Pushups	3	AMRAP	45 seconds