

STATION 1: Push-UP

1: 10 Full ROM Pushups

2: 10 Full ROM Pushups, 10 wide arm pushups

3: 10 Full ROM Pushups, 10 wide arm pushups, 10 close grip pushups

4: 10 Full ROM Pushups, 10 wide arm pushups, 10 close grip pushups, 10 staggered arm pushups (10 ea side)

STATION 2: GOT KETTLEBELLS

1. 10 KB Goblet Squat

2. 10 KB Goblet Squat, 10 Single Leg Dead Lifts (ea side) (or 20 dead lifts)

3. 10 KB Goblet Squat, 10 KB Single Leg Dead Lifts (ea side), 10 side lunge with bicep curl (ea)

4. 10 KB Goblet Squat, 10 KB Single Leg Dead Lifts (ea side), 10 side lunge with bicep curl (ea), 10 KB Haleos

STATION 3: CORE

- 1. 10 mt climbers cross overs**
- 2. 10 mt climber cross overs, 10 side plank with hip raise (ea)**
- 3. 10 mt climbers cross overs, 10 side plank with hip raise (ea) , 10 v-ups (modify: asst leg lifts)**
- 4. 10 mt climbers cross overs, 10 side plank with hip raise (ea) , 10 v-ups (or asst leg lifts), 25 burpees (yes, 25! 😊)**

STATION 4: CONES & LADDERS

- 1. cone drill & quick feet through ladders**
- 2. cone drill & feet in/out through ladders X2**
- 3. cone drill & hi knees through ladders X3**
- 4. cone drill & side to side through ladders X4**