

DAY TWO						
<b>Movement Prep</b>						
Breathe						
Dead Bugs						
Bridge Holds						
90/90						
<b>Agility</b>						
Sideways High Knees down and back						
Rotational Med Ball Toss 2 X 5 Each Side						
<b>Strength</b>						
Dumbbell Split Squat 5X5						
Half Kneel Single Arm DB Shoulder Press 3X8						
Cable Row 3X8-10						
Push-Up 3X10						
Nordic Hamstring Curl 3X8						
Bench Sideplank 3X						