San Antonio Wave Dryland
Tuesday August 4, 2020

Warmup: (:45 each)

- Sun Salutations (x3)
- Squat Touches
- Butt Kicks
- In-In Out-Out
- Side to Side Hops
- External Rotations

Set 1: Cardio (:60/:30)

- Fast Feet
- Countermovement Jumps
- Mountain Climbers
- High Knees
- Plank Jacks
- Jog (build)

Set 2: Strength+Stability (:45/:15)

- Fire Hydrants
- Inchworms w/ Pushup
- Side Plank Reach Throughs (x2)
- High Plank
- Lateral Plank Walks

Set 3: Core 2x (:60/:20)

- Hollow Body Hold
- Penguin Crunches
- Leg Lifts
- Scissor Kicks
- Sit-Ups

Set 4: Med Ball (:60/:20)

- Half Pushup
- Wall Sit Lifts
- Rock N Roll Ups
- Squat Press
- In N Out Abs

Challenge:

Hold Crunch :60

Stretching/Recovery

Dynamics