

Power of Ten #1

Set 1: perform 4 times in a row	Reps
Burpees	10 total
Right Side Lunge + Single Leg Curtsy Squat	10 total
Left Side Lunge + Single Leg Curtsy Squat	10 total
Cardio Interval: 30 sec Butt Kicks after each exercise!	
Set 2: perform 4 times in a row	Reps
Squat to Plank	10 each
Low to High Woodchops	10 each side
Low Wide to Narrow Squat	10 each
Cardio Interval: 30 sec Tick-Tock's after each exercise!	
Set 3: perform 4 times in a row	Reps
Chair to Frog	12 total
Right Single Leg Deadlift w/ Left Arm Raised	10 total
Left Single Leg Deadlift w/ Right Arm Raised	10 total
Cardio Interval: 30 sec Ball Tap after each exercise!	
Giant Set:	Reps
Repeat from the top and perform all 9 exercises once	15 total/each leg
**Omit cardio intervals	