

| Exercise | Duration | Rest between sets | # of sets |
|--------------------------|----------|-------------------|-----------|
| Rows | 2m x | | 1 |
| KB swings | 20s | 10s | 8 |
| Deadlifts (light weight) | 20s | 10s | 8 |
| Power clean | 20s | 10s | 8 |
| Goblet squats | 20s | 10s | 8 |
| Bicycle crunches | 20s | 10s | 8 |
| DB Push-up row n' twist | 20s | 10s | 8 |

| Exercise | Duration | Rest between sets | # of sets |
|----------------------------|------------------------|-------------------|-----------|
| Jog/sprint intervals | 5m | x | 1 |
| Bear crawl/lunge intervals | 5m | x | 1 |
| Agility ladder drills | 7m | x | 1 |
| Bicycle crunches | 20s | 10s | 5 |
| Burps | 20s | 10s | 5 |
| T Twist | 20s | 10s | 5 |
| Mountain climbers | 20s | 10s | 5 |
| Russian twist | 20s | 10s | 5 |
| Tuck jumps | 10s | 10s | 5 |
| Push ups | 10s | 10s | |
| Shuttle runs | Mixed, ~5 minutes | x | x |
| Plank ups | 10 | 10 | 5 |
| Partner wheelbarrows | Mixed, ~5 minutes | | |
| Planks | 1 minute per each side | 20 | 3 |
| Wall handstands | 1 minute per each side | x | 1 |

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| Jog/sprint intervals | 5m | x | 1 |
| Bear crawl/lunge inter | 5m | x | 1 |
| Leap frogs | 7m | x | 1 |
| Body weight squats | 20s | 10s | 5 |
| Penguin/shimmies | 20s | 10s | 5 |
| Jump rope | 20s | 10s | 5 |
| Plyo lunges | 10s | 10s | 5 |
| Leg raisers | 20s | 10s | 5 |
| Supermans | 10s | 10s | 5 |
| Wall handstands | 1m | x | 1 |