

45 Minute - 40x20 - Miles

WARM UP – 5:00	
Squat	Side Lunge
Squat Row	Golf Rotation – Both Arms
Forward Lunge – I Fly	Golf Rotation – Single Arm
Forward Lunge – Press	Hip Hinge – Wide Stance

	ROUND 1: UPPER BODY	ROUND 2: LOWER BODY	ROUND 3: CORE	ROUND 4: UP+LOW+CORE
40 ON 20 OFF	Low Row (face anchor)	Abducted Lunge – L (foot in both cradles)	Standing Roll-Out (face away)	Inverted Row (TRX very short)
40 ON 20 OFF	Low Row – Deeper (face anchor)	Abducted Lunge – R (foot in both cradles)	Hip Drop – Left	Clutch Curl (face anchor)
40 ON 20 OFF	Bicep Curl (face anchor)	Sumo Squat (face anchor, wide stance)	Hip Drop – Right	Clock Press (face away)
40 ON 20 OFF	Mid Row (face anchor)	Overhead Squat (face away)	Kneeling Roll-Out (face away)	Squat w/hop (face anchor)
40 ON 20 OFF	Mid Row – Deeper (face anchor)	Side Step Lunge (face anchor)	Overhead Back Ext. (face anchor)	Step Back Lunge (face anchor)
40 ON 20 OFF	Tricep Press (face away)	Back Lunge (face anchor)	Oblique Crunches (toes in)	Crossing Balance Lunge (face anchor)
40 ON 20 OFF	High Row (face anchor)	Hip Press (heels in)	Pike (toes in)	Plank (toes in)
40 ON 20 OFF	High Row – Deeper (face anchor)	Hanstring Curl + Abduction (heels in)	TRX Crunch (toes in)	Crunch to Pike (toes in)
RECOVERY:	60 SECONDS	60 SECONDS	60 SECONDS	NO RECOVERY
TOTAL: 35:00	9:00	9:00	9:00	8:00

COOL DOWN	
Lower Back Stretch	Long Torso Twist – Left/Right
Lower Back Stretch with Rotation – Left/Right	Standing Figure 4 – Left/Right
Upper Body Stretch	Chest Stretch
Hip Hinge (Offset Stance) – Left/Right	DURATION: 5:00