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Touch Downs

x 6

1 - 3 sets

Deadlift

x 8 - 12

1 - 2 Mins Rest

Lateral Spring Back

x 6

1 - 3 sets

Cross Step Up

x 8 - 12

1 - 2 Mins Rest

Drop Squat

x 6

1 - 3 sets

Squat Pulses / Core Braced

x 8 - 12

1 - 2 Mins Rest

Hollow Hold

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