

**Warm up: 6 min**

- Knee Hug → Hurdle Step
- Shoulder Rolls
- Dynamic Runner Lunges
- Reverse Lunge with Rotation
- Walkouts to pushups
- Bottom up Squats

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**Workout Segment**

*\*Each exercise 45 sec. (Repeat twice)*

**Round 1: Sagittal Plane:**

**Total Time: 9 mins.**

- Stationary Staggered Squat (R/L)
- Bent over DB row
- Seesaw Lunge (R/L)
- Staggered pushup (R/L)
- Cardio: Sagittal Switches, Forward/backward Hops

**Round 2: Frontal Plane:**

**Total Time: 9 mins.**

- Wide squat to Narrow squat
- Bent over DB Reverse Fly
- Alternating Side Lunge
- Wide Pushup to Narrow Pushup (Triceps pushup)
- Cardio: Low Jacks, Lateral Squat Jumps (R/L)

**Round 3: Transverse Plane**

**Total Time: 9 min.**

- Moving Transverse Squat (R/L)
- Alternating Bent Over DB row to Overhead Rotation
- Transverse Lunge (R/L)
- Pushup with Rotation (Thread Arm Through)
- Cardio: Transverse Switches, Transverse plane Skier (R/L)

**Cool Down:**

**Total Time: 5 min.**

- World's Greatest Stretch
- Standing Adductor (Side Lunge) Stretch
- Standing quad stretch
- Figure 4 stretch
- Shoulder stretch
- Tricep Stretch