



3	legs drop	1
	Stand cross crunch(toe touch	2
	Jumping rope	3
3	Highplank single leg	4
	Reverse elbow lege90	5
	Trx Mountain climber	6
3	cross kneeup-handsup hold	7
	Single Steretch side,toe45 d	8
	Jumping jack	9



3	High plank toe touch	1
	Shoulder press alternate rotation d-knee	2
3	Reverse row to up and latral raise	3
	Reverse pushup	4
	Reverse fly	5
3	Knee pushup 3"hold	6
		7

3	3step side squat L,d	1
	Deadlift single legL,d	2
	Glutebridge toe to knee abduction	3
	Hold and pulse abduction	4
3	Stand,donkeykick to fire hydrate	5
	benchGlute bridge to 2pulse knee abduction	6
3	Goofmornig to calf raise D	7

