

SSP ON DEMAND

WEEK ONE, DAY TWO:

WARM UP - 2 - 3X THROUGH:

DOWNWARD DOG - X 6 REPS

SCORPIONS - X 6 REPS PER SIDE

DOWNWARD DOG WITH OPPOSITE TOE TOUCH - X 6 REPS PER SIDE

MAIN SET - EMOM (EVERY MINUTE ON THE MINUTE) FOR 7 MINUTES:

RDLS - X 6 - 8 REPS

GLUTE BRIDGE - X 6 - 8 REPS

SEATED BANDED ROW - X 6 - 8 REPS

COVID TABATA - 18 MINS, 20 SECONDS ON, 10 SECS OFF FOR 8 ROUNDS:

MOUNTAIN CLIMBERS

SQUATS

2 MIN REST

CRUNCHES

INCHWORMS

2 MIN REST

LATERAL LUNGES

SEATED TWISTS