

# Week 2 – 15 Jan 2017

Warm up – (5 mins)

Technique – overhead squat

Circuit – B/W - 3 stations – 1min/station – 3 times through

Mountain climbers

Press up

Jump squat

Circuit finisher – bear crawls

Introduction move – Hang clean warm-up followed by clean from the floor (5 mins)

Abs (10 mins)

Leg raise

Flutter kicks

Scissor kicks

Rest 1 min

Cruxifix cross bends

Plank – touching opposite shoulder

Side plank – arm up – each side

Rest 1 min

Mobility – (10 mins)

Hamstrings

Glutes – seated – leg over knee – use elbow

Neck – 4 way