

## Strength workout #5A Foundation [VIDEO ...>>](#)

Choice a weight that allows you to do the number of reps, with the last rep being a bit of a challenge.

**Warm-up:** 1 mile jog or 10 min spin on bike **and / or** [14-min Warm-up Video...>>>](#)

OR [8-Min Warm-up Video...>>>](#)

**SET 1:** Repeat 3 times.

Air Bench (level 2: single leg, wtd). Arms pullovers or backstroke presses 30-60s							
Downward Dog Push-ups (level 2: single leg) x10 -15							
Plank around the world 30-60s							

**SET 2:** Repeat 3 times.

Shoulder Bridge w/ band (Level 2: wt. Level 3: single leg) x10-20							
Pull-ups (w/ band assistance) x10-15							
Side Plank w/ wtd reach throughs 30-60s							

**SET 3:** Repeat 3 times.

Range of Motion Tricep bridge w/ heel grabs x10-15							
Lateral Step Overs (weighted) x15							
Primal Crawl Kick Throughs 30-60s							

**Cool Down:** 1 mile jog or 10 min spin on Bike **and / or** [14-min Cool Down Video ...>>>](#) OR [5 min Cool Down Video ...>>>](#)