**FRIDAY**

**1. MAIN**

**Complete ALL rounds of MAIN A before going to MAIN B , all rounds of MAIN B before going to MAIN C. Record time.**

**MAIN A-**

* **(10)** Chest Press (on floor/bench/ball)- Can use weight, cans of soup, milk jugs, water bottles
* **(10 each side)** Plank rows with leg raises

**MAIN B-**

* **(10 each side or simultaneously)** Bent-over Dumbbell Tricep Kickback. Use any type of weight available that suits you. Bend at waist. Bend elbows until your forearms are parallel to the ground elbows tight to rib cage. Kick the weights back to straighten arms using triceps.
* **(10 each side or simultaneously)** Dumbbell curls. Using whatever kind of weight, you have accessible. Stand tall with tight core, curl arms slow activating bicep.

**MAIN C-**

* **(30 sec each side) Side star plank-** Right hand and right foot on ground, lift left arm and left leg to ceiling. Repeat on other side.
* **(10)** Wall Sit Calf Raises

**H-2 rounds**

**R-3 rounds**

**T-4 rounds**

**1.PUSH**

**Count down from 12. Record time.**

* **12** Suitcase Crunches
* **12** Push ups
* **11** Suitcases crunches
* **11** Push ups

… down to zero

**FALCON BONUS**

**As many rounds as possible in 7 min- Record rounds completed.**

* **(50) Butt kickers**
* **(8) Side plank walks- (4 each direction)**

**Post/tag us your workout details and/or video on @prairieHSVB**

**OR direct message coach(es) privately on ‘Group me’/e-mail with your times/accomplishments!**

**Example of post details:**

**Main workout- Completed! (list time)**

**Push workout-Completed! Time: (list time)**

**Falcon Bonus: Completed! Rounds (list # of rounds completed)**