**THURSDAY**

**1A-** MAIN

**12 Minutes- Do these exercises twice through without stopping.**

\*45 sec on, 10 sec off between. Tabata timer app works great for to track your time for these workouts\*

**45 sec-** Right Leg donkey kick-activate glute

**45 sec**- Left leg donkey kick- activate glute

**45 sec** Reverse Plank (lay down on back, lift-up with arms and squeeze glutes and pull high to ceiling) roll hands out to activate triceps-

**45 sec**- Backwards (vball) shuffle- keeping one leg in front. Sprint forward, backwards shuffle with opposite leg. -Continue-

**45 sec**- High plank shoulder touch- hold for 4 sec each shoulder

**45 sec** Long jump into bear crawl-bear crawl backward and stand up into tuck jump

**X2**

**1B-PUSH**:

**Record your time.**

**(10)** Superman

**(10)** Extreme slow hold push-ups. 5 second count down (strong core, do not let lower back curve), hold at bottom for 3, back up fast.

**(60 second)** Wall sit

**H:** 1 Round

**R:** 2 Rounds

**T:** 3 Rounds + 25 flutter kicks, 50 mtn climbers, 1 min plank hold

**FALCON BONUS-** One mile run for time.

**Post/tag us your work-out 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!**

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

**Falcon Bonus: Completed! (list time)**