

Feed the Wolf

Exercise	Sets	Reps	Rest
Workout A - Day 1			
Stationary bike	1	warm up	
SlideBoards or Stride Jumps	3	30	90
Stability Ball Leg Curl	3	8-12	45
Burpees	3	30	60
Geronimo/Floor Glute-Ham Raise	3	8-12	60
Side Lunges	3	75ft	90-120
Single Leg Hops	4 (2 ea.leg)	75ft	45
Sprints	5	75ft	60
Double and Single Leg Bridge	3	10	30
Stair Jumps	3	Flight	Hop down on 1 foot
Workout B - Day 2			
Stationary bike	1	warm up	
SlideBoards or Stride Jumps	3	30	90
Forward Lunge	2	10	30
Backward Lunge	2	10	30
Stride Jumps	3	30	90
Side Lunge	3	10	30
Turn Belt Crossover Steps	3	75ft	120
Groucho Walk		75ft	30
Sprints	5	75ft	0
Stationary Skater Stride With Frisbee	4	30 strides	0
Stride Jumps	3	75ft	30
Workout C - Day 3			
Warm up			
Push Ups	4	?	60
Planks	3	30s	60
Sit Ups	4	25	30
Side Planks	3	30s	30
Burpees	3	25	30