

Single-band

Perform each move for 45 seconds of work with 15 seconds of rest between moves:

	Exercise	Work	Rest
1	Bear Crawl Presses <i>Left/Weak Side</i>	45s	15s
2	Bear Crawl Presses <i>Right/Strong Side</i>	45s	15s
3	Side Plank Abduction Rows <i>Left/Weak Side</i>	45s	15s
4	Side Plank Abduction Rows <i>Right/Strong Side</i>	45s	15s
5	Plank Pulldowns <i>Left/Weak Side</i>	45s	15s
6	Plank Pulldowns <i>Right/Strong Side</i>	45s	15s
7	Glute Bridge Hip Flexions <i>Left/Weak Side</i>	45s	15s
8	Glute Bridge Hip Flexions <i>Right/Strong Side</i>	45s	15s
9	Multi-Level ISO Split Squat Face Pulls <i>Left/Weak Side</i>	45s	15s
10	Multi-Level ISO Split Squat Face Pulls <i>Right/Strong Side</i>	45s	15s

That's 1 round. Perform up to 3 total rounds, resting 1-2 minutes between rounds.

