



WEEK 3: HEAVY HITTER

# STRENGTH COUNTUP

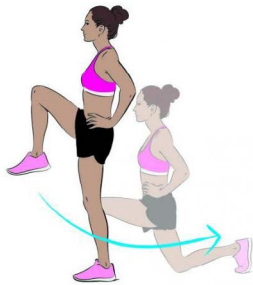
Get ready to work your full body! Complete all of the exercises for 10 seconds before moving on to 20 seconds, then 30 seconds, then 40 seconds. Choose Champion, Warrior, or Super Hero to repeat the series.



Wood Chops



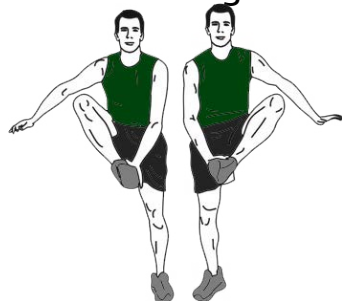
Cross Jacks



Lunge to High Knee



Dead Bug



Ankle Taps

1 Complete School of Strength Warm Up



Complete the "count up":

- 2
  - 10 seconds with 10 seconds rest
  - 20 seconds with 20 seconds rest
  - 30 seconds with 30 seconds rest
  - 40 seconds with 40 seconds rest

3 Wood Chops (both sides)

4 Cross Jacks

5 Lunge to High Knee (both sides)

6 Dead Bug (both sides)

7 Ankle Taps

8 2 minutes rest & drink some water!

- 9
  - Champion: Repeat 1 more time
  - Warrior: Repeat 2 more times
  - Super Hero: Repeat 3 more times



Good Work!  
Time to Cool Down



Good Work! Take a Break &  
Go for 1 More Round!



Good Work! Take a Break  
& Keep Going!