

Set-Up Strength Ankle Straps	1:00		n/a						
		A1 Safety Get-up R	0:45	Start	A1				
		A2 Knee Strikes	0:45	Start	A2				
		A3 Safety GU to Knee Strike R	0:45	Start	A3				
		A4 Plank Knee Strike R	0:45	Start	A4				
		Recover	0:30	Start	na				
		A1 Safety Get-up R	0:45	Start	A1				
		A2 Knee Strikes	0:45	Start	A2				
		A3 Safety GU to Knee Strike R	0:45	Start	A3				
		A4 Plank Knee Strike R	0:45	Start	A4				
		Transition to Left Side	0:45	Start	na				
	0:45	A1 Safety Get-up L	0:45	Start	A1				
	1:30	A2 Knee Strikes	0:45	Start	A2				
	2:15	A3 Safety GU to Knee Strike L	0:45	Start	A3				
	3:00	A4 Plank Knee Strike L	0:45	Start	A4				
	3:45	Recover	0:30	Start	na				
		A1 Safety Get-up L	0:45	Start	A1				
		A2 Knee Strikes	0:45	Start	A2				
		A3 Safety GU to Knee Strike L	0:45	Start	A3				
		A4 Plank Knee Strike L	0:45	Start	A4				
		Set-Up Cooldown	0:15	Start	na				

