

WORKOUT THREE

Exercise Library			
Lower	Upper	Core	Power
Squat	Pushup	Plank	Lateral Jumps
Split Squat	Incline Pushup	Side Plank	Tuck Jumps
Forward Lunge	Decline Pushup	Reverse Crunch	Burpees
Reverse Lunge	Bench Dips	High To Low Planks	Jump Lunges
Lateral Lunge	Row	Bear Crawl	Jump Squats
Rear Foot Elevated Split Squat	Bicep Curl	Glute Bridge	Star Jumps
Deadlift / Hip Hinge	L Lateral Raise	DeadBug	

[UNB URec Exercise Videos](#)

Group 1: Pick 3 exercises and decide how many sets and reps (duration) you want. (Example below)

Exercise	Sets	Repetitions
Reverse Lunge	3-4	8 per leg
Row	3-4	8 per arm
Reverse Crunch	3-4	10
Rest	3-4	30sec – 1min

Group 2: Pick 3 exercises and decide how many sets and reps (duration) you want. (Example below)

Exercise	Sets	Repetitions
Reverse Lunge	3-4	12
Row	3-4	5
Reverse Crunch	3-4	5 per side
Rest	3-4	30sec – 1min

*You can always modify your workouts by adding another Group of 3 exercises or change your sets and repetitions.

* Keep in mind exercises such as planks are usually held for time and not repetitions (example: Side Plank 20 seconds per side)

