**WEDNESDAY**

**1A-**MAIN- Challenge yourselves! Do as many rounds as you are able for 1A. Let us know if you finished H, R or T!

**(8 EACH side)** Elevated Reverse Lunge

**(10-20)** Dips (Can use chairs or couch)

**(15)** 2-Leg Hip Raise

**(15)** Chest Fly

**(10)** Pushups

**H:** 2 Rounds

**R:** 4 Rounds

**T:** 6 Rounds

**1B-**PUSH

Count down from 15 reps for each of these: **Keep track of your time**, and ‘try’ not to come down from plank hold until complete.

15 Plank ups

15 Mt climbers

14 Plank ups

14 Mt Climbers

13 Plank ups

13 Mt Climbers

…Down to zero.

**FALCON BONUS- 6:00 min Continuous.** Tabata time app is helpful

30 sec shuffle side to side (however much room you have available)

30 sec approach jumps

**Post/tag us your workout details and/or video on @prairieHSVB**

**OR direct message coach(es) privately on ‘Group me’/e-mail with your times/accomplishments!**

**Example of post details:**

**Main workout- Completed ‘(letter to indicate rounds completed)’**

**Push workout-Completed! Time: (list time)**

**Falcon Bonus: Completed!**