

LOW TIDE GRIND level III**Playlist: Rolling in that Power***WARM UP PHASE (standing face front)*

Whitewater squat 30secs

Squats 10x

:|| 3x

EFFORT PHASE (ball, block or ring between legs)

Forearm plank hip dips right side 10x

Full plank shoulder taps 10x

Single arm belly paddle right side 30secs

Forearm plank hip dips left side 10x

Full plank shoulder taps 10x

Single arm belly paddle left side 30secs

Forearm plank hip dips both sides 10x

Full plank shoulder taps 10x

Full surfer belly paddle 30secs

Bands in front stand face front

Straight arm zombie raises 10x

Flip palms up pulse 30secs

Hinge at the hips tricep kickbacks 10x

Tricep pulses 15secs

Tricep open/close 15sec

Mt. Climbers 30secs

Squat/chest presses right arm 10x

:|| Repeat other side, then both

Mt. Climbers 30secs

Right leg lunges 10x

Hold pelvic tilt 15secs

Right leg lunges flies w/bands 10x

Mt. Climbers 30secs

:|| Other side

Seated 1 leg out twists band at heart ctr 10x

Modified side plank reaches with band 10x

Elbow to knee 1x

Plank jumps in/out 30secs

:|| Other side

Center crunches 10x

Oblique v-ups 10x

:|| Repeat combo to get other side

Boat with bands behind

Crosses 10x each side

Crosses both 30secs

Crunch w/cross 10x each side

Crunch w/cross both 30secs

Boat hold pulse bands palms up 30

COOL DOWN PHASE

Reverse tabletop > pike hold :|| 5x

Tabletop > cat/cow

Thread the needle :|| both sides

Knees to chest

Half happy baby both sides

Full happy baby

Savasana