

SUNS OUT GUNS OUT level III**Playlist: Float On...***WARM UP PHASE (on back feet front)*

Reclined cobbler > Bridge > Boat :|| 3x

grab bands roll downs 10x

Boat pumps 30secs

Rows elbows in 10x

Heel taps 30secs

:|| Repeat with elbows out/high on the rows

EFFORT PHASE (kneeling or standing depending on desired tension of bands)

Bicep curls lower 90 10x

Plank white water 30secs

:|| Upper 90 10x

Plank white water 30secs

:|| Full range 10x

Plank white water 30secs

Right shoulder cuff 10x

Right leg lunges 10x

:|| Other side

Both arms shoulder cuff 10x

Scissor lunges 30secs

Right arm chest press 10x

Plank white water 30secs

:|| Other side

Plank white water 30secs

Both press 10x

Plank white water 30secs

Combo curl, cuff, press 10x

Scissor lunge 30secs

In tabletop

Tricep kickback right side 10x

Pulse for 15secs

Leg & arm side sweeps 10x

Belly surf 30secs

Pop ups 10x

:|| Other side

Stand face front

High mt.>Plank 30secs

On back feet in bands

Leg lifts 10x

Pulses 15secs

Open/close 10x

:|| 3X with burpee variations in between

2Nd round add jump

3Rd add pushup

4Th add water

COOL DOWN PHASE

Dog> lunge for pigeon

Modified side plank side body stretch

:|| Other side

Seated forward fold

Knees to chest

Savasana