

## 2020 Reset: Workout #3

Full Body Warmup

Upper Body Mini-Band Series  
Straight arm pull-aparts

Bicep Curls

Incline Rows

Straight Arm Overhead Reach

Pulldowns

Zombie March

Straight Leg kick and twist

Butt Kickers

High knee hops

Banded boxes: Side Steps and Monster Walks

Banded Squats

Banded Walkouts

Bird Dog Progressions

Balance Beam Bird Dogs

Rocking forward/back and right/left

Twisting

Bear Crawl

2x

Hip Bridge w/band above knees

Seated Row with bands

Clamshell - Side Plank - Front Plank

Stretch