



WELLSPORT

Celtic Cowboys- Perform Workout 2

Warm-Up Exercise	Reps	Sets
Kneeling hip flexor stretch	30 sec	2
Side-lying hip abduction	15	2
Air Squats	15	2
Plank or plank saw	45 secs-1 min	2

Exercise Group 1	Reps	Sets	Hold
Side-stepping with band	12-15 steps each way	2-3	
Bulgarian Split Squat	10	2-3	
Plank ups	30-45 secs	2-3	

Exercise Group 2	Reps	Sets	Hold
Lunge with rotation	12	2-3	
Leg lowering	30 sec	2-3	
Calf Raise (single or double)	8	2-3	

Finisher	Reps	Sets	Hold
Frog Jumps	20 secs	1-2	30 sec rest b/w exercises
Single leg bounding	20 secs	1-2	30 sec rest b/w exercises
Wall jumps	20 secs	1-2	30 sec rest b/w exercises

Notes: