



EXPRESS TRAINING PLAN

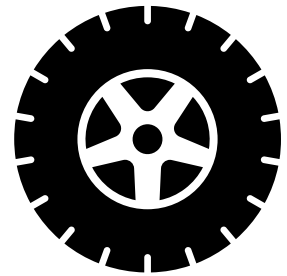
February 2023

Workout A: Total-Body Strength

2-Minute Hub + :30 Rest Followed by 2-Minute Spoke + :30 Rest.

Hub: DB Presses, Rows, Squats

- Spokes:**
1. Top Half Get-Up (L)
 2. Top Half Get-Up (R)
 3. Loaded Sit-ups (L)
 4. Loaded Sit-ups (R)

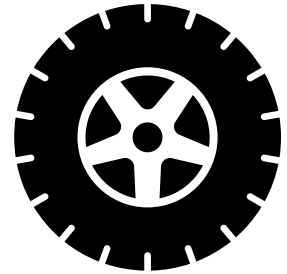


Workout B: Accessory

2-Minute Hub + :30 Rest Followed by 2-Minute Spoke + :30 Rest.

Hub: Climbers & Runners

- Spokes:**
1. Slow Step-ups (L)
 2. Slow Step-ups (R)
 3. TRX Hip Hinge To Lunge (L)
 4. TRX Hip Hinge to Lunge (R)



Workout C: Accessory

2-Minute Hub + :30 Rest Followed by 2-Minute Spoke + :30 Rest.

Hub: Plank & Jack Complex

- Spokes:**
1. Lunge Curl to Press (L)
 2. Lunge Curl to Press (R)
 3. Hip Hinge to Band Pull-Apart (L)
 4. Hip Hinge to Band Pull-Apart (R)

