

XF

ADVANCED CONDITIONING

LEVEL I 3 sets **LEVEL II** 5 sets **LEVEL III** 7 sets **REST** up to 2 minutes



10 reverse lunges



10 lunge step-ups



10 forward lunges



10 plank leg raises



10 plank arm raises



10 alt arm/leg raises



10 bridges



10 single leg bridges



10 get-ups