



# WORKOUT SCHEDULE

WITH LANCHANA GREEN

## BODYWEIGHT STRENGTH

**1A) 6 x Half Turkish Get Up**  
**1B) 16 x Plank Side Walk**

**2A) 8-12 x Knee to Elbow Push Up**  
**2B) 8-12 x Cossack Squat**  
**2C) 8-12 x Bicycle Sit-Up**

**3A) 8-12 x Hip Thrust**  
**3B) 8-12 x Dips**  
**3C) 16-20 Thigh Taps**

## PROGRESS NOTES

**Equipment: None.**  
**Rest Period: 1-2 minutes between rounds.**  
**Rounds: 4.**  
**Complete each section separately.**