



WEEK 2: Astronaut Workout  
30 sec work/ 30 sec rest (2 sets)

## WORKOUT

### Warm Up

Flex Foot alt toe touches  
Bird Dog  
Glute Bridge (opt: Squeeze ball)  
Walk out, pushup, Shoulder Tap  
Superman  
"Commander Crunches"

Push-up  
Squats  
Single-Leg Squats (each side)  
Jacks  
Pull-ups or Bent-over row  
Bounding Leaps  
Lunges with Shoulder Press  
Forearm "Pilot Plank"  
\*\*Cone Drill \*\* 3x through for time

### Cooldown

Downdog - Single Leg Dog - Pigeon (repeat other side)  
Starfish  
Butterfly  
Eagle (repeat other side)  
Crouching tiger - plank - turtle  
Elephant dangle

