

WARM UP

NOTES

FOAM ROLL

TOTAL BODY

- CALVES
- HAMSTRINGS
- GLUTES
- BACK
- RIB ROLL
- QUADS

CHILDS POSE BREATHING

X 5 BREATHS

CAMEL BREATHING

X 5 BREATHS

UPPER BACK PINCH-PUSH

X 10

LOWER BACK DUCK-TUCK

X 10

HEEL SIT T-SPINE ROTATION

X 10 EACH

HALF KNEELING QUAD/HIP FLEXOR

2 X:10 EACH

SPIDERMAN

2 X:10 EACH

CLAMSHELL

2 X 10 EACH

BOTTOM LEG STRAIGHT LEG RAISE

2 X 10 EACH

HIP BRIDGE W/:03 HOLD AT TOP

X 10

LUNGE ISO HOLD

3 X :10 EACH

1 LEG SUPERMAN TO WALL

3 X 6 EACH

REVERSE LUNGE

3 X 8 EACH

CORE

REPEAT THIS CIRCUIT 3X

DEAD BUG TOWEL CRUSH LEG LOWERING

X 8 EACH

QUADRUPED HIP EXTENSION

X 8 EACH

WATCH THIS VIDEO AS WELL

FRONT PLANK FLOOR CRUSH

X :20

SIDE PLANK

X :15-:20 EACH

PUSH UP POSITION SHOULDER TOUCH

X 8 EACH
