



Leg Swing

Stretch

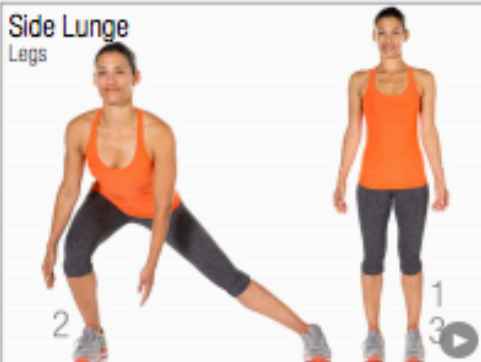


- 1 - Stand upright with your hands on your hips and one foot off the floor, slightly behind.
 - 2 - Swing this leg up in front to hip height and then back behind to the start position.
- Maintain your balance throughout all reps.
 - Perform on one side, then switch to the other side.

#	REPS	WEIGHT	TIME	NOTES
1	15			Swing 1 leg at a time forward and backward in a straight line

Side Lunge

Legs

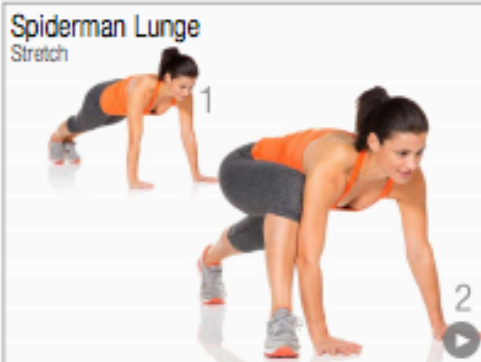


- 1 - Stand upright with your arms by your sides.
 - 2 - Take a step to one side, lowering your body down and leaning your torso slightly forward with your weight on the outside leg.
 - 3 - Push off your outside foot to return to the start position.
- Keep your trailing leg straight.
 - Complete all reps on one side before switching to the other side.

#	REPS	WEIGHT	TIME	NOTES
1	10			Lunge to your side and sit back onto your hips and heels

Spiderman Lunge

Stretch



- 1 - Start in the top position of a push up with your arms straight.
 - 2 - Step one foot forward to your hand, bending at the knee.
- Perform on one side, then switch to the other side. Alternate sides with each rep.

#	REPS	WEIGHT	TIME	NOTES
1	16			Slowly lunge up with your foot to your hand. Alternate Sides.

Adv Quad Superman

Lower Back



- Begin on all fours with only both knees and hands on the floor and your toes raised.
- 1 - Raise one arm and the opposite leg straight up to shoulder height, balancing on one hand and the opposite knee.
- 2 - Slowly lower your arm and leg and repeat with the other arm and leg.
- Perform one rep on one side, then switch to the other side. Alternate sides with each rep.

#	REPS	WEIGHT	TIME	NOTES
1	20			Alternate your left arm and right leg. Switch after each rep.

Boat Pose

Yoga



- Straighten your legs back out in front and your arms by your sides.
- Bend your knees and lift your feet off the floor.
- Lean back slightly and raise your legs up straight.
- Bring your arms up straight till they are parallel with the floor.
- Hold for 3 breaths.

#	REPS	WEIGHT	TIME	NOTES
1	60			Hold a boat V-pose for up to 60 seconds