

A warm up walk, run, bike or similar activity is recommended to increase circulation.

- Beginner
- Intermediate
- ◆ Advanced



Pelvic Tilt



Figure 8s



Crab Stretch



90 Stretch

LESS DIFFICULT

MORE DIFFICULT



Sitting Challenge

2 Levels



Kneeling 4 & 2 Point

2 Levels



Alternate Arm & Leg

2 Levels



Pushups

2 Levels



Dumbbells

Progression



Prone Flies

Progression



Situps

Progression



Lateral Oblique

Progression



Prone Ball Roll

Progression



Back Extension

Progression



Hip Extension

2 Levels



Lateral Ball Roll

Progression

