

Abs (40 sec. each)

Crunches
Elbow to Knee (RL)
Elbow to Knee (LR)
Toe Touches
Push On Through
Leg Raisers
Obliques (R)
Obliques (L)
Hip Raisers
Bicycles
Crunches
Plank

Lunge Matrix (5x each leg)

Forward Lunge
Forward Lunge w/Twist
Side Lunge
90 Side/Back Lunge
Backwards Lunge

Back Maintenance

Alternating Supermans (x10)
Prone Double Arm Raise (x10)
Prone Straight SL Lift (x10)
Prone Army Crawl (x10)
Seated Bicycle (30 sec)
Straight Leg Circles (x5 – 2 ways)
Good Mornings (x20)
Seated Bicycle (30 sec)
Superman Shoulder Squeeze (x10)
Flutter Kick w/Arms (30 sec)
Exaggerated Crunches (x10)
Cat-Cows (x10)

Hip Mobility

Donkey Kicks (x10)
Scorpions (x10)
Clapping Push-Ups (x5)
Donkey Whips (x10)
Iron Cross (x10)
Clapping Push-Ups (x5)
Fire Hydrants (x10)
Side Plank & Leg Lift (x5)
Clapping Push-Ups (x5)
Trail Leg (x5 – Forward/Backward)
Lateral Leg Swing (x10)
Linear Leg Swing (x10)
Push-Ups (x15)