

Exercise Name	Form Tips	Reps	Sets
CORE #1			
A1: High plank reach backs	-don't let the hips drop, keep the core tight and the hips tucked -pike the hips up and reach opposite hand band to opposite foot	10x each side	2
A2: Dead bugs	-opposite arm and leg extend out and squeeze the core to bring them back	10x each side	2
A3: Side plank hip dips	-in a side plank, drop one down, squeeze the core and drive it back up -to modify, drop the bottom knee	10x each side	2
FLEXIBILITY #1			
B1: Half kneeling hamstring stretch	-one leg extends straight out, lean the chest down and forward	15-20 seconds each leg	2
B2: Standing quad stretch	-use the wall for balance if needed -to deepen the stretch, lean the body forward	15-20 seconds each leg	2
B3: Seated figure 4 stretch	-to deepen the stretch, walk the bottom planted foot closer to you	15-20 seconds each leg	2
CORE #2- 30:15 intervals (30 sec of work, 15 sec of rest)			
C1: Spider crunches	-in a high plank, crunch one knee forward and to one side tapping the same side elbow	30 seconds	2
C2: Flutter kicks	-drive the lower back into the ground, squeeze the core, don't forget to breathe! -to modify, bring the legs up higher	30 seconds	2
C3: Forearm plank		30 seconds	2
FLEXIBILITY #2			
D1: Standing forward fold	-slight bend in the knees, don't let them lock, release the neck and head between the shoulders	15-20 seconds	2

	-to deepen, grab opposite elbows and sway side to side		
D2: Seated wide legged split forward fold (middle, left, right)	-lean in between the legs, reach over to the left leg, reach over to the right leg	15-20 seconds each way	2
D3: Child's pose	-sit the hips back on the feet as far as you can -let the head fall in between the shoulders and reach the arms and hands out as far as you can	15-20 seconds	2