



CORE ACTIVATION

Hold ____ sec

Repeat ___x



KNEE FALLOUT

Repeat ___x



KNEE PICKUP

Repeat ___x



HEEL SLIDE

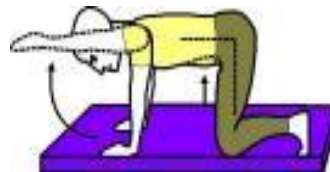
Repeat ___x



BRIDGE

Hold ____sec

Repeat ___x



ALL 4'S CORE - 1 ARM UP

Hold ____sec

Repeat ___x

Notes:



KNEE(S) TO CHEST STRETCH

Hold ___sec

Repeat ___x



KNEE TO OPPOSITE SHOULDER STRETCH

Hold ___sec

Repeat ___x



FIGURE 4 CROSSOVER STRETCH

Hold ___sec

Repeat ___x



HAMSTRING STRETCH

Hold ___sec

Repeat ___x



SPINE ROTATION STRETCH (opp arm up)

Hold ___sec

Repeat ___x



CAT AND CAMEL

Alternate between 2 positions slowly ___x

Notes:
