



Arm Circles
5 each way



Leg Swings
5 each side



Bear Crawl
4 x forward, 4 x backward



**10 x
Floor Slides**

Lunge and Twist
5 each side



**5 x Single
Leg Bridges**



3 x Dead Bugs
hold for 3 seconds
at the bottom



**5 x
Push Ups**



Arm Circles
5 each way



Leg Swings
5 each side



Bird Dog
5 each side



Hip Extension
5 each side



**5 x Lunge
and Reach**



**Quadruped
T-Spine**
10 each side



5 x Push Ups



Side Plank
30 seconds each side