

CORE CONDITIONING

LYING ON BACK PUSH BACK INTO
THE FLOOR HOLD X 8

UPPER BODY DISH X 8 ARMS DOWN

HOLD FOR 8

UPPER BODY DISH X 8 ARMS UP

HOLD FOR 8

LOWER BODY LIFT LEGS X 8

HOLD FOR 8

DISH X 8

HOLD FOR 8

DISH ROCKS X 8

HOLD FOR 8

TUCK TO DISH X 8

HOLD TUCK FOR 8

V - DISH X 8

HOLD V SIT FOR 8

Dish and Arch



LYING ON RIGHT SIDE

UPPER BODY LIFT X 8

HOLD FOR 8

LOWER BODY LIFT LEGS X 8

HOLD FOR 8

LIFT ARMS AND LEGS X 8

HOLD FOR 8

ROCKS X 8

HOLD FOR 8

LYING ON LEFT SIDE REPEAT

LYING ON FRONT

DISH CHEST HOLD FOR 8 ARMS
DOWN

UPPER BODY ARCH X 8 ARMS DOWN

HOLD FOR 8

LOWER BODY LIFT LEGS X 8

HOLD FOR 8

ARCH ARMS DOWN X 8

HOLD FOR 8

UPPER BODY ARCH X 8 ARMS UP

HOLD FOR 8

LOWER BODY LIFT LEGS X 8

HOLD FOR 8

ARCH ARMS UP X 8

HOLD FOR 8

ARCH ROCKS X 8

HOLD FOR 8