

One

SQUATS

2 sets of 12 Reps



Two

SEATED MARCH

2 sets of 20 Reps



Three

LATERAL TILTS

2 sets of 12 Reps



Four

ANTERIOR/ POSTERIOR TILTS

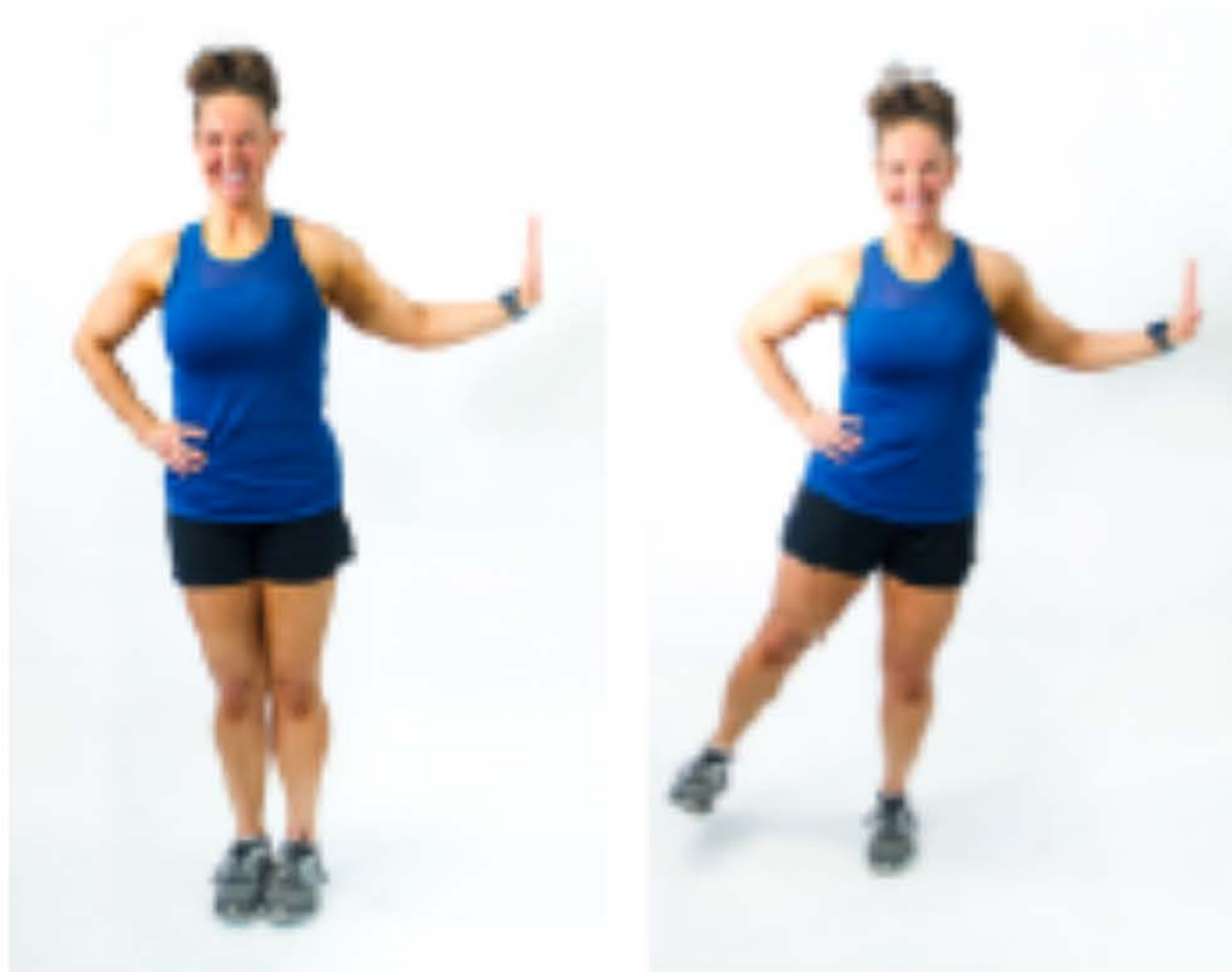
2 sets of 12 Reps



Five

HIP ABDUCTION

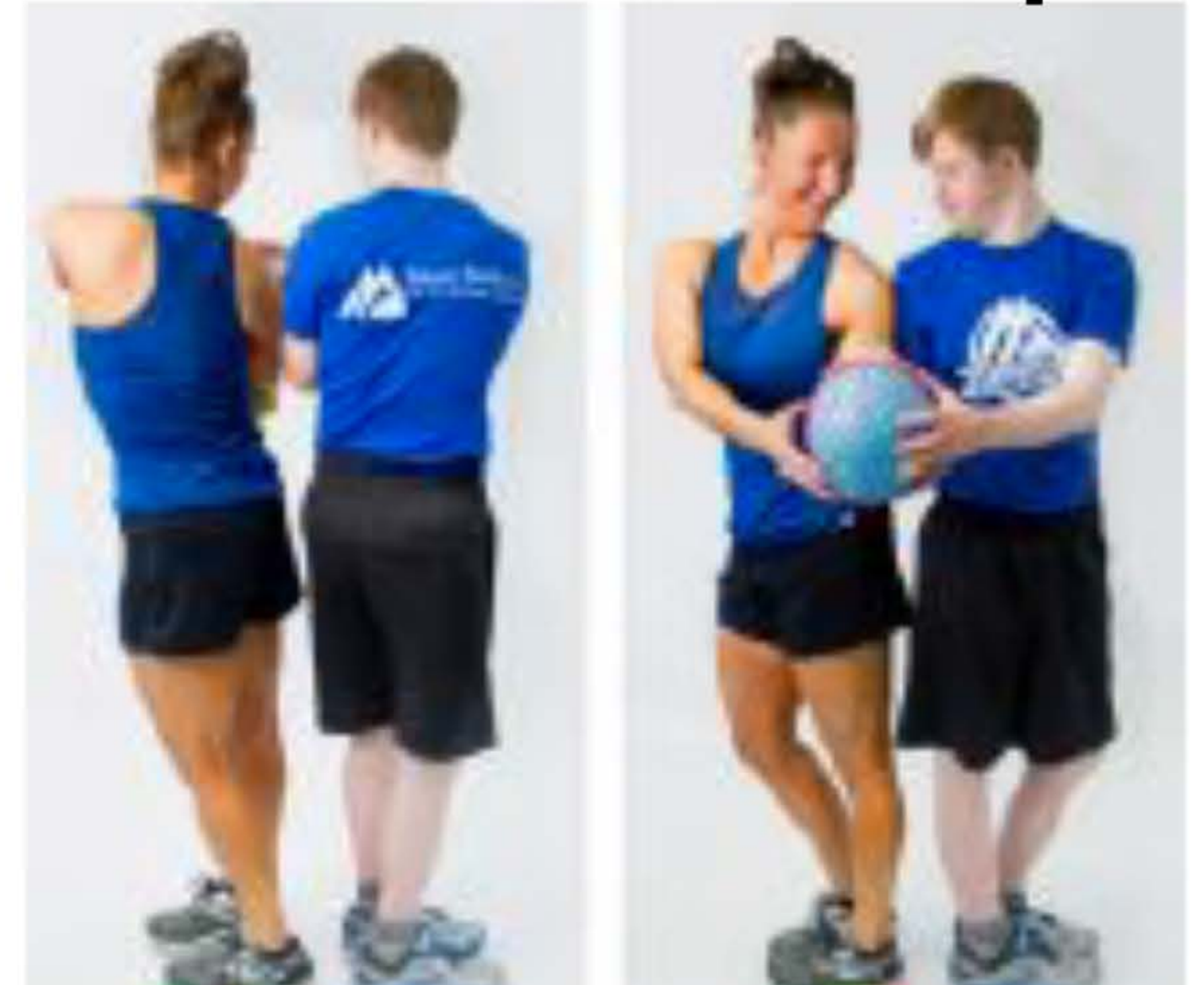
2 sets of 12 Reps



Six

ROTATIONAL PASS

2 sets of 12 Reps



Seven

PUSH-UPS

2 sets of 12 Reps



Eight

QUADRUPED SERIES

2 sets of 12 Reps

