

## One

### SQUATS

2 sets of 12 Reps



## Two

### TALL KNEELING

2 sets of 20 Reps



## Three

### LATERAL TILTS

2 sets of 12 Reps



## Four

### ROTATIONAL TURNS

2 sets of 12 Reps



## Five

### Anterior / Posterior Tilts

2 sets of 12 Reps



## Six

### SIDE STEP SQUATS

2 sets of 12 Reps



## Seven

### PUSH-UPS

2 sets of 12 Reps



## Eight

### GLUTE BRIDGE

2 sets of 12 Reps

