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| **Day 2 Workout** | | | |
| **EXERCISE** | **REPS** | **SETS** | **REST** |
| **[A1. Squat Kicks](https://www.youtube.com/watch?v=SwXQoySvqTQ)** | 20 | 2-3 | 0 |
| [**A2. Straight Leg Back Kicks**](https://youtu.be/YCZv2e3BNY8) | 20 per side | 2-3 | 0 |
| **[A3. Lying Hip Extensions with Abductions](https://youtu.be/DOD-agA1G78)** | 20 + 20 Abductions | 2-3 | 0 |
| **[A4. Side Kicks](https://youtu.be/1IbmT1hfDpo)** | 20 per side | 2-3 | 0 |
| **[A5. The CAT](https://youtu.be/xMZJcGfp2gY)** | 10 | 2-3 | 60-90 seconds |