

MONTH 1

WARM UP

5 Cat Cow

5 Single Leg Adductor Hinge, each side

8 Banded Donkey Kicks, each side

8 Banded Fire Hydrants, each side

:20sec Banded Glute Bridge Hold

10 Alternating Quad Stretch to Hamstring Stretch

10 Supported Deep Squat

10 Alternating Hip Openers in Squat

10 Alternating Bent Over T-Spine Rotations