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| **Day 3 Workout** | | | |
| **EXERCISE** | **REPS** | **SETS** | **REST** |
| [**A1. Side Walking Plie Squats**](https://www.youtube.com/watch?v=4o1eHeFCSDw) | 10 per side (20 total) | 2-3 | 0 |
| **[A2. Bent Knee Bank Hip Extension](https://www.youtube.com/watch?v=KLZ-zMZ85Uw)** | 20 | 2-3 | 0 |
| **[A3. Side Lying Side Band Abductions](https://www.youtube.com/watch?v=OuZUC0_o0A0)** | 20 per side and 20 pulses per side | 2-3 | 0 |
| **[A4. Flutters](https://www.youtube.com/watch?v=g4r8FJUKLCo)** | Alternate Flutters 5 seconds with Hold down 5 seconds | 2-3 | 60-90 Seconds |