



Leg Swings (LS) & Lunge Matrix (LM)

LEG SWINGS (LS)

1. FORWARD-BACKWARD



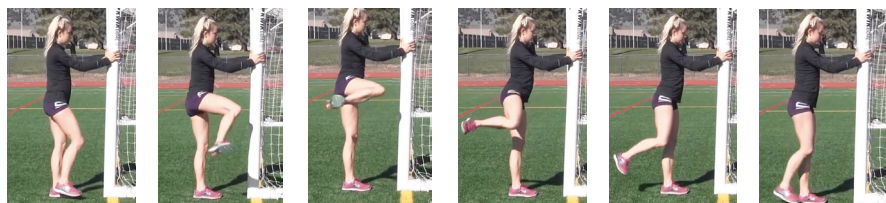
2. SIDE-TO-SIDE



3. HURDLE TRAIL LEG FORWARD



4. HURDLE TRAIL LEG BACKWARD



5. BENT KNEE SIDE-TO-SIDE



6. BENT KNEE FORWARD-BACKWARD



LUNGE MATRIX (LM)

1. FRONT LUNGE



2. FRONT LUNGE WITH A TWIST



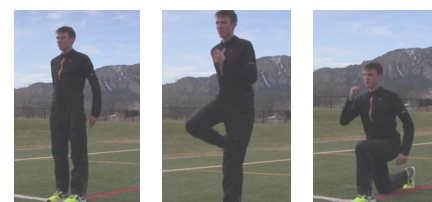
3. SIDE LUNGE



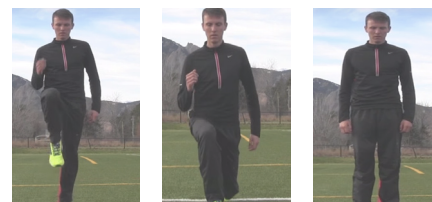
4. BACK AND TO THE SIDE LUNGE



5. BACKWARD LUNGE



6. INCORRECT FRONT LUNGE



7. INCORRECT LUNGE WITH A TWIST



Use your phone's camera to go to the Leg Swings video

Use your phone's camera to go to the Lunge Matrix video





Core X 30 sec per exercise

1. RUNNING V-SIT



7. SUPERMAN



2. AUSTRALIAN CRAWL



8. PUSH-UP TO SIDE PLANK



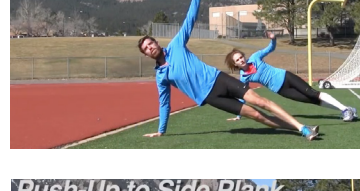
3. V-SIT FLUTTER KICKS



Push-Up to Side Plank



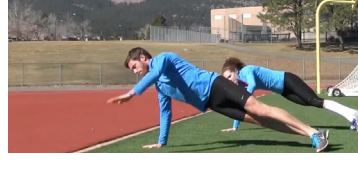
Push-Up to Side Plank



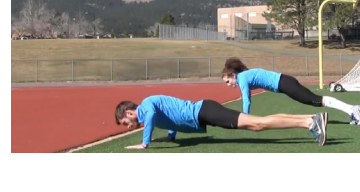
4. SIDE PLANK LEG LIFT



Push-Up to Side Plank



Push-Up to Side Plank



5. SUPINE PLANK LEG LIFT



9. V-SIT SCISSORS KICKS



6. SIDE PLANK LEG LIFT



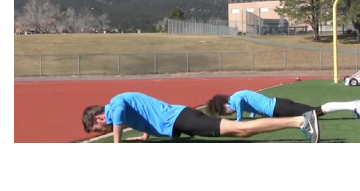
10. ROCKIES (three reps, then rest, repeat)



Rockies (sets of three)



Rockies (sets of three)



Use your phone's camera to go to the Core X video