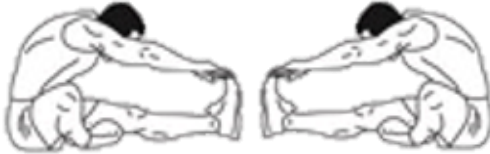






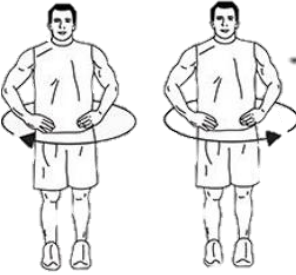

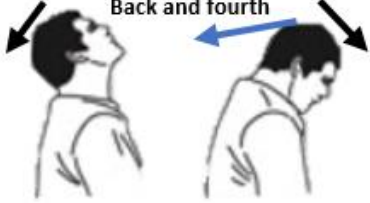


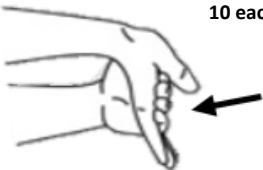

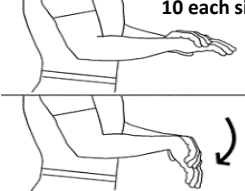


# Stretches & Exercise

Stretches and Warmups: all stretched 20-30 sec holds

Jumping Jacks	10-20	Pushups	10-20	Triceps Pushups	10-25
Calve Raises	10-20	Crunches	10-25	Reverse Crunches	10-25
Squats	10-20	Pyramid Pushups	10-20		
Burpees	10-20	Leg Lifts	10-25		

<p><b>Hurdle stretch Left &amp; Right</b></p> 		<p><b>Butterfly Stretch In &amp; Out</b></p>  <p>Touch elbows to knees</p> <p>Try to Touch elbows to floor</p>		
<p><b>Split Stretches</b></p> 		<p><b>Leg Raise</b> (10 sec knee, Calve, Ankle)</p> 	<p><b>Glute Stretch Knee pull Lt &amp; Rt</b></p> 	
<p><b>Glute Stretch</b></p> 	<p><b>Toe Touches</b></p> 	<p><b>Hip Rotations</b></p> 		<p><b>Arm Circles</b></p> 
<p><b>Neck Stretches Front to Back</b></p> <p>Back and fourth</p> 		<p><b>Neck Stretches Side to Side</b></p> <p>Side to Side</p> 		<p><b>Neck Stretches Left to Right</b></p> <p>Left to Right</p> 
<p><b>Waterfall Stretches</b> 10 each side</p> 		<p><b>Inside Wristlock</b> 10 each side</p> 		<p><b>Goose Neck Stretch</b> 10 each side</p> 

# Ground Exercises



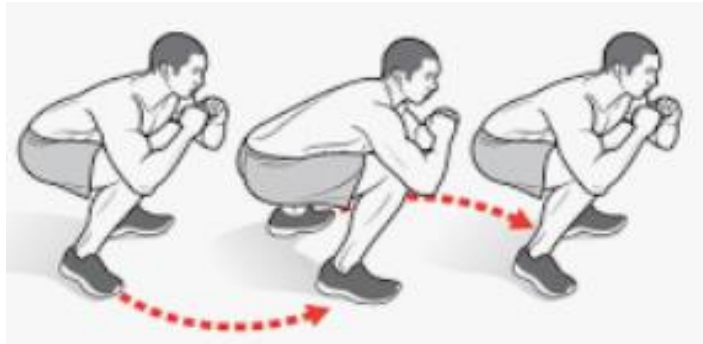
## Bear Crawl:

- Start the workout while you are in a push up position. Try to bear crawl forward 3-4 steps then follow it up with 2 pushups. Turn at your end point and follow the same steps back to your start point. **You can add more pushups, and more crawling distance depending on space.**



## Crab Walk:

Start by sitting on the floor. Your feet hip distance must be apart and in front of you. Your arms must be behind the back and fingers must face your hips. You should lift your hip off the ground while tightening your abs. you must slowly start walking forward by making use of your left and right foot. Your left and right hand must also come into play. Four or five steps are good enough. Do it back and forth. Practice going forward and backwards a minimum of 10 steps forward and 10 steps in reverse. We will include kicks from the ground.



## Duck Walk:

To do a **Duck Walk**, stand with your legs just a little wider than your hips. Lean forward slightly, bend those knees and clasp your hands together by your chest to keep your balance. With your weight on your heels, **walk** towards your point and back, keeping your abdominal muscles tight Transition drills with Duck walks used for recovery. Practice.

- Start with 10 Steps, if possible, then transition by turning on the balls of your feet, and 10 steps back towards your starting point.