

# 'PRE-GAME' SPINALLY FIT WORKOUTS



**(P.P # 4) 20 Whittles**

**(P.P # 5) 10 Rht Leg Ups  
Circle Ankle (Repeat)**

**(P.P # 5) 20 Bicycles**

**(P.P # 5) Leg Up 'Mary Poppins'  
& Open and Close the Legs!**

I want to make the 20 Minute Workout VALUABLE! So, as you wait to sign into class. THIS IS WHAT I want you to do. I will assume you have already done this and I will PLOW right into a Workout. What is above takes about Three Minutes and BOOM, I am there and we cruise! Please have weights now and a big ball at all workouts.

**4:30pm Mon - Thurs & 5:00pm Sunday**