

# '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) 10 Leg Up 'Mary  
Poppins' & Open and Close the  
Legs!**

I want to make the 20 Minute Workout WORTH THE TIME! 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 can get to workout!

**4:30pm Mon to Thursday**

**5:00pm Sunday**