



Description: 1)start with feet shoulder width 2)knees inline with middle of your toes 3)take one leg our past your foot 4)keep foot flat on the ground 5)don't let it return past the middle of your foot

Reps:	10e
Sets:	3
Tempo:	Control



Description: 1)start with feet shoulder width 2)knees inline with middle of your toes 3)step forward keeping hips square 4)keep knees inline with middle toes 5)no pelvis rotation when performing it backwards

Reps:	10e
Sets:	3
Tempo:	Control



Description: 1)start with feet shoulder width 2)knees inline with middle of your toes 3)step to the side making sure you keep knee inline with middle toes 4)don't step with your foot leaving the knee behind

Reps:	10e
Sets:	3
Tempo:	Control



Description: 1)feet flat on the floor 2)draw belly button into spine 3)squeeze glutes and raise hips until fully extended 4)unroll your spine from top to bottom on the decent

Reps:	10e
Sets:	3
Duration:	3s Tempo



Description: 1)feet flat on the floor 2)draw belly button into spine 3)extend one leg out straight 4)using one leg squeeze glutes and raise hips until fully extended 5)unroll your spine from top to bottom on the decent

Reps:	10e
Sets:	3
Tempo:	3s Tempo



Description: 1)feet flat on the floor 2)draw belly button into spine 3)extend one leg out straight 4)using one leg squeeze glutes and raise hips until fully extended 5)abduct the extended leg without letting your hips drop 6)unroll your spine from top to bottom on the decent

Reps:	10e
Sets:	3
Tempo:	3s Tempo