



Description: 1)start with both feet in the air with knees and hips bent at 90° 2)draw your belly button towards your spine 3)slowly lower one leg at a 45° angle 4)keep control and don't let your lower back arch

Reps:	10
Sets:	3
Tempo:	3s



Description: 1)start with both feet in the air with knees and hips bent at 90° 2)draw your belly button towards your spine 3)slowly lower both legs at a 45° angle 4)keep control and don't let your lower back arch

Reps:	10
Sets:	3
Tempo:	3s



Description: 1)start with both feet in the air with knees and hips bent at 90° 2)draw your belly button towards your spine 3)slowly lower one leg towards the ground ~1-inch, then push your leg straight out 4)keep control and don't let your lower back arch

Reps:	10
Sets:	3
Duration:	3s



Description: 1)start with both feet in the air with knees and hips bent at 90° 2)draw your belly button towards your spine 3)slowly lower both legs towards the ground ~1-inch, then push both legs straight out 4)control, don't let your lower back arch

Reps:	10
Sets:	3
Tempo:	3s