

AT HOME WORKOUT #2

Warm Up

Pound Feet x 20 to Hip Turn x 10 each way

Stationary Single Leg Pops (Knee Locked Out) R/L 3 x 100

Stationary Lunge Jumps R/L 3 x 10

Core

Seated Bicycle Front x 25

Seated Bicycle Reverse x 25

Dead Open Reach Opposite R/L x 25

Hips Up x 25

Side Knee to Elbow R/L x 25

Crunchy Frog x 25

Touch Hip x 50