

Pelvic Stability Challenge

Standing Bird/Dog
Standing Roll Down
Bird/dog
Hover Bird/Dog
Hundred Warm Up
Roll Up

Half Kneeling on Mat with 1-2 pound Hand Weights

- Single Arm Rowing from the Chest
- Single Arm Hug
- Single Arm Shaving

Half Kneeling Turned Out- Swakate

- Draw the Sword
- Shaving the Head
- Circles
- Lotus

- Side Sit up

Standing w/ Hand Weights

- Bicep Curls
- Chest Exp
- Side Bend
- Lifting
- Chicken Wing

Squat- Step Back Lunge Transition

Lunge Right Leg Forward

- Bug
- Tricep Extension

Lunge Left Leg Forward

- Boxing
- Chest Expansion

Standing Arabesque

- Pull Straps
- T Pull