

Conquer the Day

Start on hands & knees

- lift knees to hover (3x)
- tap downs 5x
- step back to plank/ walk back in
- Plank/ knee to chest (Single Leg Stretch)
- Walk out hips up/ walk hands to feet/ come to standing
- Plank- leg tap outs to side/stay wide/ single arm stretch to shaving/ walk feet back in
- Up Stretch/snake twist variation
- Leg Pull Front/ Push Ups(3x ea.)