

Lower Body Activator

Stand and Touch Toes	
The Hundred	100x
Roll Up	6x
Butterfly Stretch	
5/7/9	1 set
Leg Circles	5x
Shoulder Bridge add Single Leg Pulses	5x
Figure 4 Stretch	
Spine Stretch Forward	6x
Butterfly Stretch on Stomach	2x
Hip Flexor Stretch Series	
Standing Just Legs of Fencing	5 sets
Calf Stretch	
2x4	4x each way
Stand and Touch Toes	