

- A1.) Shoulder Circles (both directions) 4x 5-7 per side 1-1-1-1 30s rest
- A2.) Plank with row (try to have as little movement in hips as possible) 4x 8-10 per side 1-1-1-1 30s rest
- A3.) Push - ups (3 variations) 4x 10-12 2-1-1-0 75s rest
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- B1.) Swan dives OR hand to elbow variation 4x 6-8 (per side if doing the hand to elbow. 1-1-1-1) 2-0-2-0 30s rest
- B2.) Side plank with dip (on elbow OR hand variation) 4x 8-10 per side 2-0-1-0 30s rest . Can add tricep dip on hand plank variation on the eccentric part of hip movement.
- B3.) Superman (flat on floor or counter lateral on hands variation. No hip movement.) 4x 8-10 1-1-1-1 75s rest
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- C1.) Feet slides (Piked OR knee tuck variation) 4x 10-12 2-1-2-0 30sec rest
- C2.) T-3 Raise (thumbs up. Think "wide V") 4x 10-12 2-0-2-1 30sec rest
- C3.) T-2 Raise (thumbs up. Arms out to sides) 4x 12-15 2-1-2-1 75s rest

Feel free to add weights were you can and if you have access to them.