

Activation

- side lying t-spine rotations 10 per side
- bent knee leg extensions 5 per leg/hold 5 seconds
- shin box rotations 5 per side
- bent knee side plank hip abductions 10 per side
- y cuffs 10 reps hold 2 seconds
- deadbug 10 per leg
- Mountain climbers 10 /leg
- Push up to T x 6
- standing jumps x6 6 sec rest
- high knee hold to reverse lunge 6 per leg
- inch worm to toe touch
- overhead squat