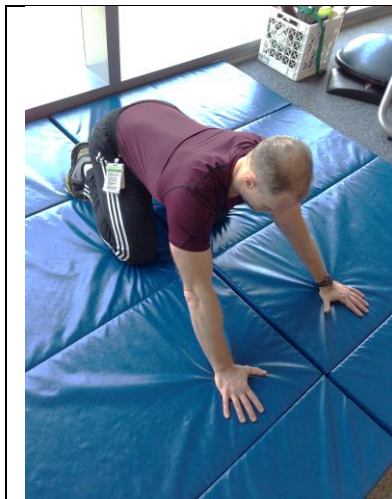


The Floor Warm-up

5 – 15 reps. Use floor to help guide posture and alignment.



Doggy squat – push hips back



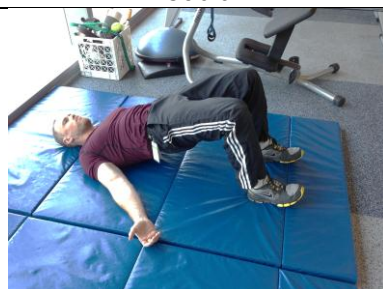
Bird dog



Cobra



Down dog



Hip X



Donkey Kick