


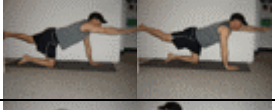



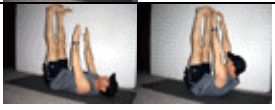
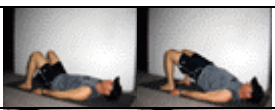







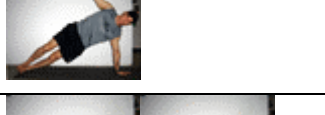
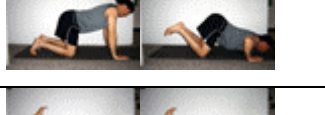




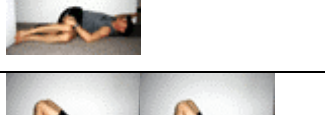





Upper Body – level 3

<p>Air Bench – 2:00 min (sit back against a wall at just above 90 degrees, keep feet in front of you so that knees do not go out past ankles, keep weight in heels and press lower back into wall)</p>	
<p>Static Extension – 3:00 min (on hands and knees with hands directly under shoulders and knees directly under hips, shift weight over hands, let lower back fall towards the floor, drop head and pinch shoulder blades together)</p>	
<p>Active Floor Clock – 20x each position (on stomach, rest forehead on floor, arms straight in front of you in the 12 o'clock position with thumbs pointing up, lift arms straight up and back, repeat with arms in the 10 & 2 position and then in the 9 & 3 position)</p>	
<p>Hand Leg Opposites – 4x10 seconds each side (on hands and knees, raise right arm and left leg simultaneously and hold, then repeat with left arm and right leg)</p>	
<p>Cats & Dogs – 10x (on hands and knees with hands under shoulders and knees under hips, arch back up and push chin to chest, then lower back toward floor and raise head up)</p>	
<p>Kneeling Rollercoasters – 20x (on knees, sit back on heels with hands in the floor out in front of you, bring face toward hands just above floor and drop hips to floor, then straighten arms and return to original position)</p>	
<p>Kneeling Bridge – 30 sec (on knees with toes under feet, grab heels with hands so that thumbs are inside of heels, push hips forward, squeeze glutes and hold)</p>	
<p>Toe Touches – 20x (on your back, straighten legs up toward sky, keep thighs tight, feet spread 2 inches and pull toes back, reach up and crunch toward toes and back down; do not bring toes to your hands)</p>	
<p>Active Shoulder Bridge – 20x (on back with knees bent and feet on the floor, lift glutes and back off of the floor and back down, concentrate on squeezing glutes)</p>	
<p>Hip Lift – 1:00 min each side (on back with feet on wall and legs at 90 degrees, place right ankle on left knee and press right knee toward wall, pull foot off wall for final 30 seconds, repeat on other side)</p>	
<p>Hip Crossover – 1:00 min (on back with knees bent and feet on the floor, place right ankle on left knee and let left knee fall to the floor while keeping arms straight out to sides, gently press right knee away from you and hold)</p>	
<p>Hip Crossover Crunches – 25x each side (on back with knees bent and feet on the floor, place right ankle on left knee and let left knee fall to the floor, interlock your fingers behind your head, support your head and keep your elbows back and chin up, lift your shoulders and head off the ground as high as possible and back down)</p>	
<p>Pelvic Tilts – 10x (on back, knees bent, arch back off floor, then press lower back into floor)</p>	

<p>Cobra Rollercoasters – 15x (in cobra position. Place arms on the floor in front of you, sit back toward heels then bring face toward heels then bring face toward hands just above floor and drop hips to floor, then straighten arms and return to original position)</p>	
<p>Hero Leans – 10x (on knees, palms on lower back with fingers pointing down, keeping stomach and back tight, lean back as far as possible and back up)</p>	
<p>Cats & Dogs – 10x (on hands and knees with hands under shoulders and knees under hips, arch back up and push chin to chest, then lower back toward floor and raise head up)</p>	
<p>One-Arm Bridge – 30 sec each side (on right side with hips and knees bent and right palm flat on the floor, straighten legs and right arm, push hips up and raise left arm, hold for 30 seconds then do 10 push-ups and repeat on left side)</p>	
<p>Dog Push-ups – 10x (on hands and knees with hands slightly wider than shoulders and knees under hips, rock forward on knees and drop chest straight down between hands and back up)</p>	
<p>Flutter Kicks – 50x (on back with hands under glutes, lift legs off floor about 6”, alternate kicking legs up and down while keeping thighs tight and head up, do 25 with toes pointed then 25 with toes pulled back)</p>	
<p>Kneeling Active Clock – 10x each position (on knees against, with arms down at your side and thumbs facing forward, bring arms straight overhead to the 12 o’clock position and back down, repeat with arms in the 10 & 2 position and then in the 9 & 3 position)</p>	
<p>Walkouts – 1 set (from your feet, walk hands out in front of you until you are in push-up position, do 10 push-ups then walk hands back up to feet, repeat while doing 8, 6, 4, & 2 push-ups, if you get tired drop to your knees and continue)</p>	
<p>Frog Abs – 50x (in frog position, hands behind head with elbows back, look back behind you, crunches in this position)</p>	
<p>Upper Spinal Floor Twist – 1:00 min each side (on left side, bend hips and knees to right angles, hold knees together with left hand, let right arm fall back to floor; repeat on other side)</p>	
<p>Pelvic Tilts – 10x (on back, knees bent, arch back off floor, then press lower back into floor)</p>	
<p>Shoulder Bridge – 1:00 min (on back with knees bent and feet on the floor, lift glutes and back off of the floor and hold, concentrate on squeezing glutes)</p>	
<p>Hand Leg Opposites – 4x10 seconds each side (on hands and knees, raise right arm and left leg simultaneously and hold, then repeat with left arm and right leg)</p>	
<p>Air Bench – 2:00 min (sit back against a wall at just above 90 degrees, keep feet in front of you so that knees do not go out past ankles, keep weight in heels and press lower back into wall)</p>	