

Dead Bug Pose



Lie flat on your back with your arms held out in front of you pointing to the ceiling. Then bring your legs up so your knees are bent at 90-degree angles. Get your back as flat against the floor as possible. Slowly lower your right arm and left leg at the same time. Then slowly return to the starting position and repeat with the opposite limbs.

180 Jumps



Stand with legs a little wider than shoulder-width apart. Slowly lower into a squat. Jump upward, extending the legs, while simultaneously rotating 180 degrees to the other side landing softly into your squat.

Pallof Press



Set up as you would for the overhead Pallof press, but press the handle in front of your chest. Resist any rotation or bending.

Lateral 90 Degree Jumps



Stand with your feet hip-width apart. Squat down and jump up out of your squat, rotating your body mid-air 90 degrees, landing in a squat. Continue rotating until you land back into your starting position, and then repeat on the other side.