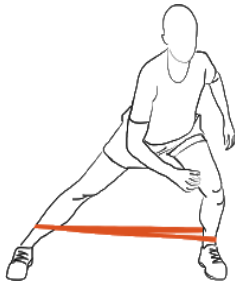


Lateral Walk



Walk from side to side. Change direction. Repeat 15 times each.

Monster Walk



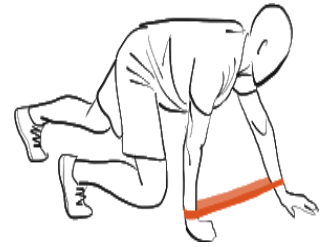
Walk forward/backward. Repeat 15 times each.

Squats



Bands above knees. Repeat 10 times each set.

Bear Crawl



Crawl forward/backward with hands and feet. Repeat 15 times each.

Lateral Leg Raise



In side-lying position, lift your upper leg up in a controlled motion. Keep your spine in neutral. Repeat 15 times each.

Bridging



Push through your feet and lift your hips up until they align with the knees and shoulders, squeeze your glutes and pull your knees apart at the top. Pause, and come down. Repeat 10 times each set.

Clamshells



Lift knee up in a controlled motion. Don't arch your back. Repeat 15 times each.