



APRIL STRENGTH

WARM-UP

2 ROUNDS OF 10X EACH EXERCISE
TAKES ~8' TO COMPLETE BOTH ROUNDS

ALTERNATING BACK LUNGES

Stand tall, arms out front for balance. Step back and sink down. Alternate legs, 10 total

PLANK CROSS TOE TAP

Start in a plank, shoulders in front of fingers. Pike and tap opposite toe. Alternate sides, 10 total

PLANK "ROWTATIONS"

Start in a plank, hands under shoulders. Row and reach hand to the sky. Watch your hand. Take care not to over extend backwards. Alternate sides 10 total

HIP OPENERS

Start off half kneeling, arms together straight out front. Open arms away from bent knee, squeeze rhomboids. Keep knee back. 5X then switch sides

KNEE ROTATIONS

Lay on back knees bent & together, feet flexed, arms out at sides. Rotate knees to floor, alt. 10X