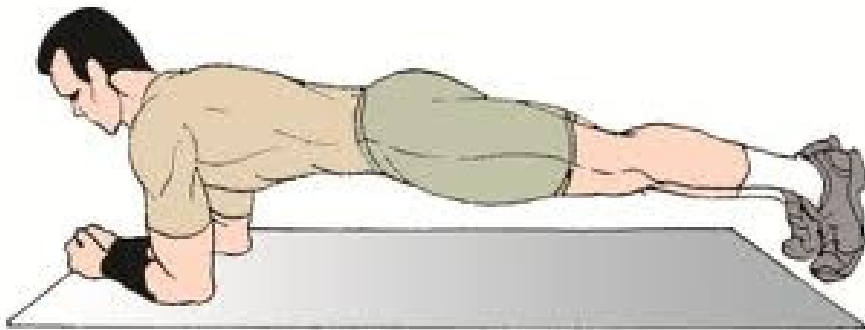


FRONT PLANK



- Elbows under shoulder
- Straight line head to ankle
- Abs pulled in, Squeeze glutes

SIDE PLANK

- Elbow under shoulder
- Raise hips off floor
- Straight line shoulder through to ankle.
- Draw belly button in



Pink Performance

GLUTE BRIDGE

①

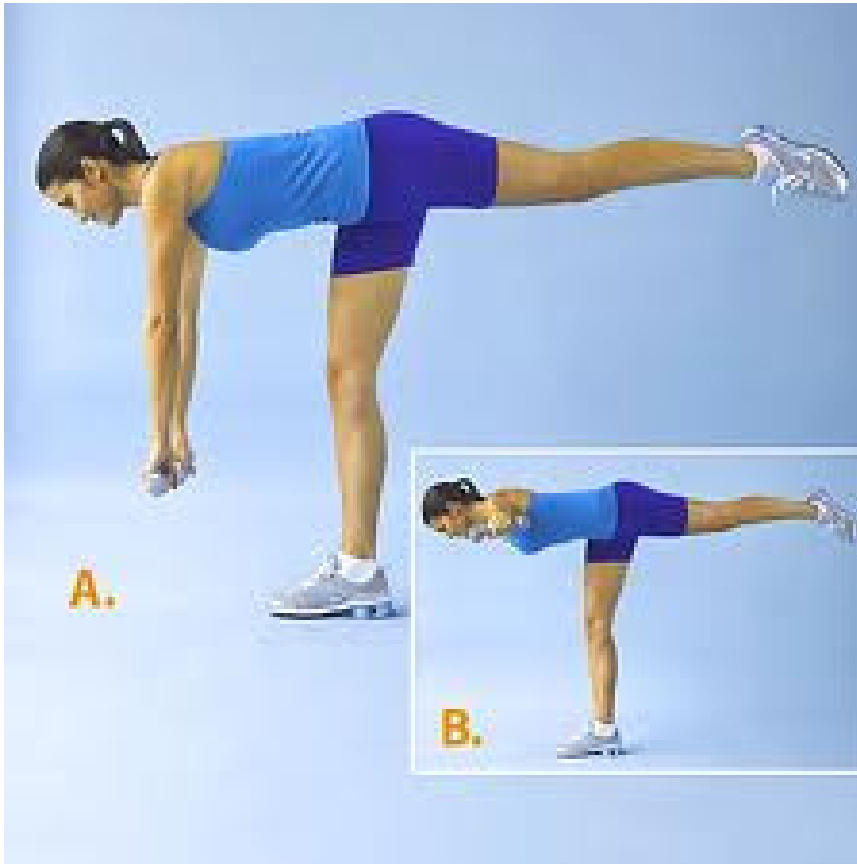


②



- Heels on floor, toes pointed to sky
- Raise hips up, squeeze glutes
- Straight line

T BALANCE



- Balance on one leg with soft knee
- Move through hip
- Reach rear leg behind

STEP UP



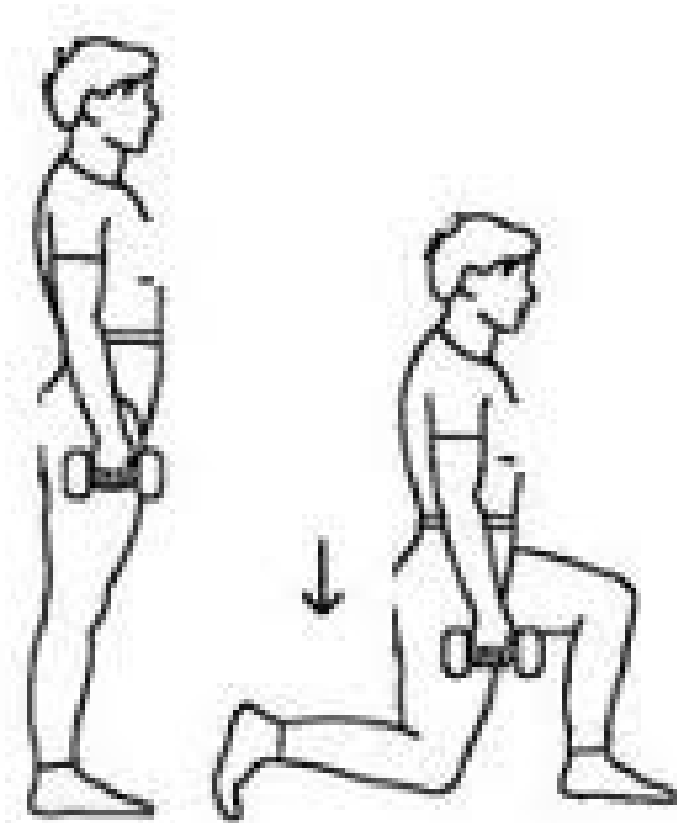
- Foot on box stays flat at ALL times
- Use leg on box to push up
- Stand tall

PRESS-UP



- Hands directly under shoulders
- Body travels as ONE
- Straight line throughout

LUNGE



- Shoulders directly above hip
- Front knee above ankle
- Back knee in line with hip

SQUAT



- Feet flat on floor
- Keep back straight
- Knee over ankle
- Hips below knee

LATERAL LUNGE



- Toes parallel with each other
- Lower hips to knee height
- Torso parallel to shin