



Basics, Basics, Basics

Weeks 7-12

Workout 4

Injury Prevention
5 minutes

Complete each exercise 1 time

Part 1	
Name	Reps/Minute
Cat Cows	20
Cobra Downward Dog Combo	10
Hip Circles	20
Hip Circles Inward (all fours)	15
Toe Lifts	30
Birdies	100
Shoulder Circles Forward	20
Shoulder Circles Back	20
Wrist Circles	20 each way
Ankle Circles	20 each way