



Basics, Basics, Basics

Week 19-24

Workout 3

Flex/Active Flex

Name	Reps
Lying Full Straight Leg Circles Outward, Inward	10 reps
Full Circle Bent Over Kicks	10 each way
Lunge Stretch	30 seconds each side
Split	1 minute each side
Froggie Stretch	1 minute
Active Flex Downward Dog to cobra	20 reps
Shoulder Circles Outward, Inward	20 reps