

6 Week Transformation



Workout 1

Posture Developer and Middle Back Strength:
Great for developing better posture, shapelier shoulders, and for keeping chest open

Workout 2x a week for best results

Name	Reps/Minute
Back Core Twisting Superman	20 reps
Back Core Push Pulls	20 reps
Back Core Lower Body Lifts	20 reps
Back Core Lower body diamond kicks	20 reps
Back Core Alternating Twisting Kicks	20 reps
Back Core Prone Snow Angels	20 reps
Back Core Hip Reaches	20 reps
Back Core Alternating Superman	20 reps
Back Core Superman Pull and Squeeze	20 reps