



Basics, Basics, Basics

Weeks 13-18

Workout 2

Active Shaping

NOTE: You've practiced your shapes so not it's time to put them in action and get them moving with active rocks, taps and lifts! Stay tight and keep pushing! You got this!

Also, I have recommended 10-15 repetitions, listen to your body and progress based on your baseline achievements!

| Part 1 | |
|-----------------------------|-------------|
| Name | Reps/Minute |
| Hollow Rockers | 10-15 |
| Active Shaping Tuck Rockers | 10-15 |
| Plank Hip Taps | 10-15 |
| Lying Leg Lifts | 10-15 |
| Active Shaping Superman's | 10-15 |
| Pike Seat Taps | 10-15 |
| Straddle Taps | 10-15 |