



Basics, Basics, Basics

Weeks 1-6

Workout 3

Active And Passive Flex
10 minutes

Part 1

Name	Reps/Minute
Cat Cows	20
Cobra Lift	20
Windmills	20
Lunge Stretch	30 seconds
Single Leg Kneeling Hamstring Stretch	30 seconds
Active Lunge Stretch	30 seconds

Part 2

Name	Reps/Minute
Side Lunge Stretch	30 seconds
Split	1 minute each side
Froggie Stretch	1 minute
Neck Stretch	10 seconds each direction
Plank Kicks	10 each leg
Plan Side Kicks	10 each side