



Basics, Basics, Basics

Weeks 1-6

Workout 4

Injury Prevention
5 minutes

Complete each exercise 2 times

Part 1	
Name	Reps/Minute
Shoulder Circles	10 forward/back
Hip Circles	10 each direction
Ankle Circles	20 each direction
Wrist Circles	10 circles each direction
High Plank Calf raise	20
Toe Lifts	20
Birdies	50