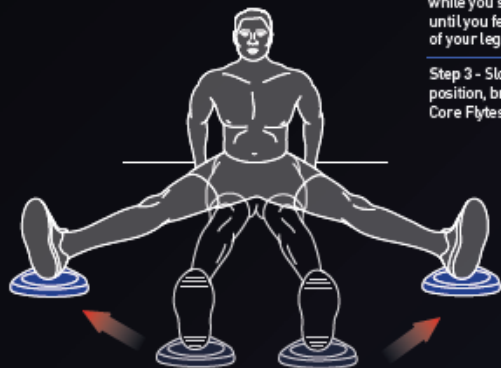


WARM UP: Perform this Circuit of exercises 3 times in the given order. Perform this warmup before each workout series. Be sure to stretch afterwards.

ABDUCTOR ACTIVATOR

01



Step 1 - Sitting upright with your palms on the floor by your side and your legs straight, place your heels on the Core Flytes

Step 2 - Engage your abdominal muscles and remain facing forward while you slowly roll your legs apart until you feel a stretch on the insides of your legs

Step 3 - Slowly return to starting position, bringing your feet and the Core Flytes back together

LEVEL & REPS

10 REPS

As described above

10 REPS

Combine with seated crunch by alternating 1 abductor activator with 1 seated crunch

10 REPS

As per intermediate while holding butt 1/2" off the floor

NOTES

- [1] Engage your abdominal muscles and keep your back straight throughout the exercise
- [2] Do not overstretch, you should never feel pain while stretching

SEATED CRUNCH

02



Step 1 - Sit upright on the floor or a mat with your legs straight out in front of you and your heels resting on the Core Flytes. Rest your hands on the floor beside your hips, or slightly behind you for extra support

Step 2 - Engage your abdominal muscles, pulling both feet in toward you and bringing your knees toward your chest

Step 3 - Push the Core Flytes back out to the starting position, straightening your legs

LEVEL & REPS

10 REPS

With your hands on the floor beside your hips as shown, or slightly behind you for extra support

10 REPS

Hold your hands out in front of you at eye level throughout the exercise

10 REPS

Hold your hands out in front of you at eye level throughout the exercise, and alternate crunching one leg at a time in a bicycle motion. (Bicycle Crunches)

NOTES

- [1] Do not allow your back to arch backward
- [2] Keep your abdominal muscles engaged throughout the exercise
- [3] Make sure you keep looking straight ahead to ensure your neck/head is aligned with your spine throughout the exercise

BREAST STROKE

03



Step 1 - Lay face down on the floor with your hands on the Core Flytes and your arms together extended above your head

Step 2 - While keeping your arms straight, sweep your hands down to your legs in a circular motion like swimming the Breast Stroke

Step 3 - Keep your hands close to your body as you return to the starting position and repeat the circular motion

LEVEL & REPS

10 REPS

Lay face down with your forehead resting on the ground throughout the exercise

10 REPS

Hold your head off the floor throughout the exercise. Keep looking at the floor to ensure your neck/head is aligned with your spine

10 REPS

Try to hold your chest off the ground throughout the exercise. Keep looking at the floor to ensure your neck/head is aligned with your spine

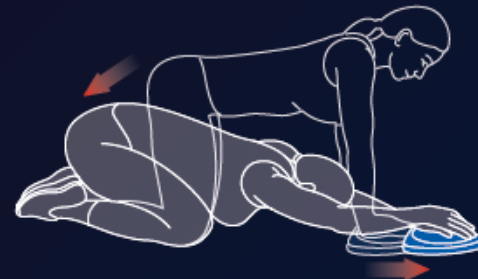
NOTES

- [1] Make sure you keep looking at the floor to ensure your neck/head is aligned with your spine throughout the exercise
- [2] Maintain a steady and smooth circular motion. Do not allow your hands to stop moving at any point throughout the exercise

CHILDS POSE

04

Hold for 10 seconds



Step 1 - While on your knees with toes pointing behind you, place both hands on a Core Flyte

Step 2 - Sit back and bring your hips as far back as possible or all the way to your heels while you roll the Core Flyte out in front of you stretching your back and arms. Relax your head and abdominal muscles while you push your chest down and back into the floor between your thighs. Take deep breaths while you stretch and lengthen your back by reaching forward with the Core Flyte

Step 3 - Hold this stretch for at least 4 deep breaths

NOTES

- [1] Relax your muscles
- [2] Do not hold your breath at any point
- [3] To stretch your Obliques, roll the Core Flyte slightly to the side while stretching