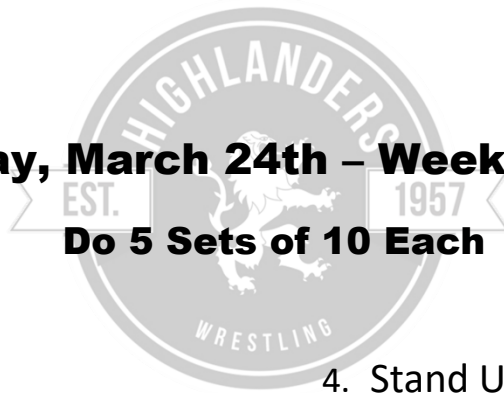


Tuesday, March 24th – Week 2, Day 2
Do 5 Sets of 10 Each



1. Stretch

<https://www.youtube.com/watch?v=s-XLbWVfGuE>

1. Scorpion (2 sets of 10 each side)
2. Fire Hydrant (10 forward 10 backward)
3. Hip Flexor

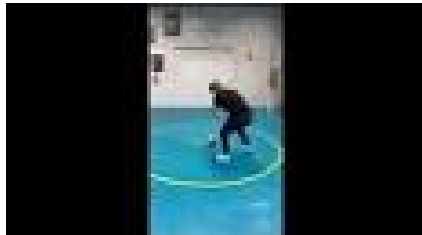
4. Stand Ups (video demo)

<https://www.youtube.com/watch?v=b0AJnnYUh4A>



2. Stance Motion With Ball
(1 min each)

<https://www.youtube.com/watch?v=bcShaqy6d3A>



5. Sprawls (video demo)

https://www.youtube.com/watch?v=i_oUCpGOWU&t=17s



3. Core Strengthening (30 sec each)

<https://www.youtube.com/watch?v=11UXcZqxyAs>

