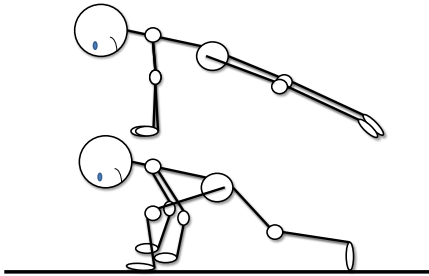


SPIDERMAN

1

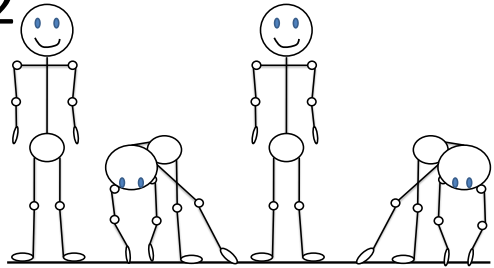


1. Start in a plank position.
2. Bring left foot up to the outside of the left hand.
3. Drop left elbow toward the floor.
4. Hold and repeat on the other side.



CROSS-N-TOUCH

2

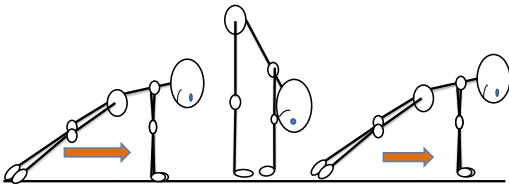


1. Stand tall and cross right leg over left leg.
2. Reach down, hinge at the waist, and touch the floor by the left heel.
3. Repeat to the opposite side.



INCH WORM

3

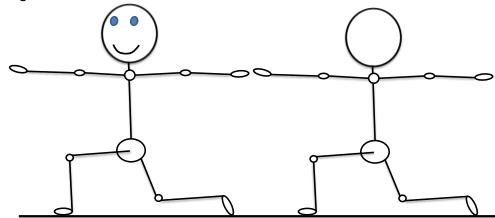


1. Start in plank position.
2. Walk your feet forward towards your hands.
3. Walk your hands out to plank position.



HELICOPTER LUNGES

4

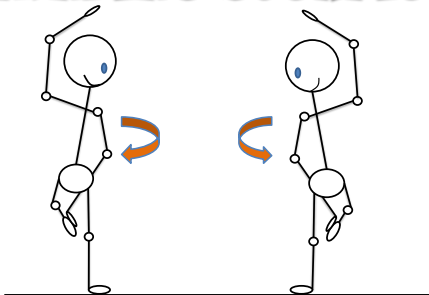


1. Begin in a lunge position.
2. Rotate your upper body like a helicopter propeller.
3. Complete movement with right leg forward then left leg forward.



STANDING SCORPION

5

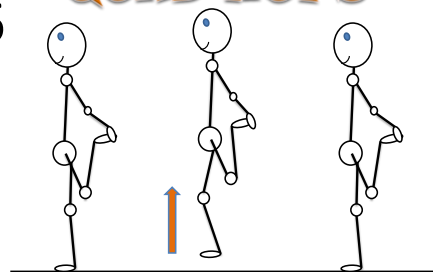


1. Stand tall with arms above head.
2. Balance on your left leg.
3. Try to touch the left hand to the right heel behind your glutes.
4. Switch to other side.



QUAD HOPS

6



1. Lift foot up with your hand.
2. Take a hop forward.
3. Use your hand to lift yourself off the ground. (You will feel the stretch in the quadriceps muscle.)

