

# Workout #10:



## Warm-up

Prone Breathing x 5

Head nods x 5 + R, L x 5

Adductor rocking x 5ea

Spiderman with rotation x 5ea

Hip Lifts x 10

Wall slides with band x 10

## Exercise

## Reps

Birddog Row

x 8 ea

Alt. Step Ups

x 8 ea

SE Hip Lifts

x 15

Jump Squats

x 15

4 rounds

## Notes: