

Workout #11:



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
Lateral Lunge	x 8 ea
OH Press	x 5
SA Swings	x 10 ea
5 rounds	

Notes: