

1. Lateral Lunge



Sets: 2-3
Reps: 10

2. Squat - Arms Forward



Sets: 2-3
Reps: 10

3. Standing trunk rotation



Sets: 2-3
Reps: 10

4. Toe Touch Progression



Sets: 2-3
Reps: 5

1. Lateral Lunge

Sets: 2-3 | Reps: 10

Preparation:

- Stand with good posture

Execution:

- Lunge to the side
- Keep back straight and your hip, knee and ankle aligned
- Return to the start position



Tall



Lunge to side - Hip, knee and ankle aligned

2. Squat - Arms Forward

Sets: 2-3 | Reps: 10

Preparation:

- Stand with good posture, feet shoulder width apart
- Hold arms out in front at shoulder height

Execution:

- Perform a squat by bending at the hip
- Rise up by straightening at the hip



Start Position



Squat - Bend at the hip, back flat



Knees aligned with toes



Finish Position

3. Standing trunk rotation

Sets: 2-3 | Reps: 10

- In standing with arms elevated
- rotate body from side to side
- start slow and pick up the speed as you go



4. Toe Touch Progression

Sets: 2-3 | Reps: 5

Preparation:

- Stand with good posture

Execution:

- Reach overhead, engage core
- Bend forward at the hips, reaching toward toes
- Return to the start position



Start Position



Bend forward at hips