

**1 min each - 2x through**

**Upright V Sit - Lean back then up to punch**

**Scissor Kick**

**Inner thigh raises LEFT**

**Inner thigh raises RIGHT**

**Outer thigh raises LEFT**

**Outer thigh raises RIGHT**

**Reverse crunch**

**Marching Bridge**

**Bird Dog hold LEFT**

**Bird Dog hold RIGHT**

**Fire Hydrant LEFT**

**Fire Hydrant RIGHT**

**Alternating Straight leg lifts**

**Bridges**

**Wall Sit 2 min at end**