



Complete full workout once, then repeat if you want!

1

**15** Side Lying Rainbow Leg Lifts

2

**15** Clam Shells with the heels up

3

**15** Adductor Leg Lifts

4

**15** Adductor Leg Lift Crunches

Repeat exs. 1-4 on other side

5

**15** "Hold ups" lying on stomach with or without a chest lift

6

**10** "Snow Angel Arms" on Stomach

7

**15** Diamond reverse leg lifts on Stomach

8

**30** Swimmers

9

**10** Kneeling Side Leg Lifts

10

**10** Kneeling Side Leg Circles Forward

11

**10** Kneeling Side Leg Circles Backward

Repeat 9-12 on other side

12

**10** Kneeling Side Leg kicks forward

13

**10** Crossing Mountain climbers (10 on each side alternating)

14

**6** Plank to Side plank Alternating sides (6 on each side)

15

**10** Seated Stag leg lifts 10 front leg, 10 back leg, then switch sides