

ABCs

- A is for Abductors:** Do 10 reps each leg of toes in, out, neutral
- B is for Bridges:** Do 10 bridges (reps not holds)
- C is for Clams:** Do 10 clams and 10 reverse clams on each leg
- D is for Donkey Whips:** Do 10 donkey whips on each leg
- E is for Extensions:** Do 5 regular and 5 at 45 degrees
- F is for Fire Hydrants:** Do 10 each leg
- G is for Groiners:** Do 10
- H is for Hip Circles:** Do 10 on each leg
- I is for Iron Cross:** Do 10 reps
- J is for J Legs:** Do 5 extensions and 5 whips on each leg
- K is for Knee to Chest:** Do 5 on each leg
- L is for Log Rolls:** Do 5 on each leg
- M is for Morning Bows:** Do 10
- N is for Nordics:** Do 10
- O is for Overhead Arm Circles:** Do 10 both directions
- P is for Pullovers:** Do 10
- Q is for Quadrupeds:** Do 5 reps with each leg
- R is for Romanian Dead Lifts:** Do 5 reps per leg
- S if for Skater Squats:** Do 5 reps per leg
- T is for Toe Raises:** Do 10 reps each with toes in, out, and neutral
- U is for Upward Side Steps:** Do 5 reps on each leg
- V is for V Sit With Knee Bend:** hold for 10 seconds
- W is for Wall Calf Raises:** Do 5 to each side
- X is for X Crunches:** Do 5 reps to each leg
- Y is for Y Pullovers:** Do 10
- Z is for Z stretch:** Do 5 reps