



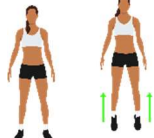


<u>Exercise</u>	<u>Reps</u>	<u>Example</u>
T-Spine Rotation	10 on each side	
Cat-Cow	12	
T-Y-I's	10 for each Letter	
Bird Dogs	10 on each side	
Pogo Jumps	20	
Side Plank	30 seconds on each side	