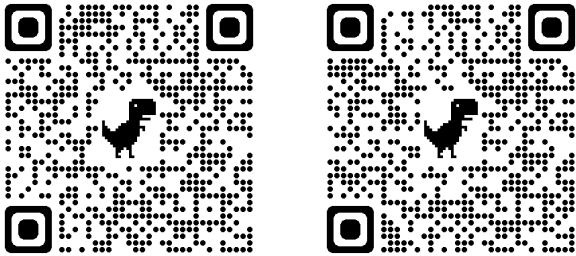


Leg Swings

- Forward-Backward x10
- Side-to-Side x10
- Hurdle Trail Leg Forward x10
- Hurdle Trail Leg Backward x10
- Bent Knee Side-to-Side x10
- Bent Knee Side-to-Side x10
- Bent Knee Forward-Backward x10

Lunge Matrix

- Front Lunge x6-10
- Front Lunge with Twist x6-10
- Side Lunge x6-10
- Back and to the Side Lunge x6-10
- Backward Lunge x6-10

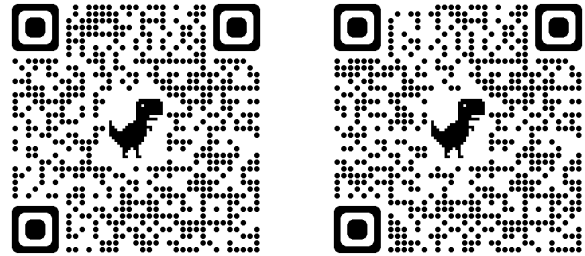


Leg Swings

- Forward-Backward x10
- Side-to-Side x10
- Hurdle Trail Leg Forward x10
- Hurdle Trail Leg Backward x10
- Bent Knee Side-to-Side x10
- Bent Knee Side-to-Side x10
- Bent Knee Forward-Backward x10

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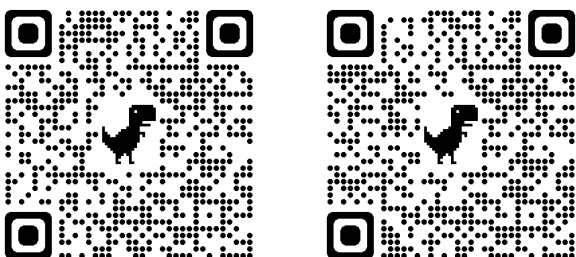


Leg Swings

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- Hurdle Trail Leg Forward x10
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- Bent Knee Side-to-Side x10
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- Bent Knee Forward-Backward x10

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- Side-to-Side x10
- Hurdle Trail Leg Forward x10
- Hurdle Trail Leg Backward x10
- Bent Knee Side-to-Side x10
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