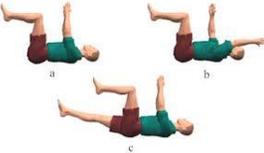


Dryland Day 2

<p>Core work:</p> <p>1. Flutter Kicks on Back 20x flutter kicks, relax and repeat 3x</p> 	<p>2. Glute bridge with diagonal overhead reach 5 each side, repeat 3 x</p> 
<p>3. Dead Bugs 5 each side, relax and repeat 5x</p> 	<p>4. Plank Up Downs 5 each side, relax and repeat 3 x</p> 
<p>Balance:</p> <p>1. Standing Single Leg with Hip Abduction/Adduction 10 swings each leg, relax and repeat 3x</p> 	<p>2. Standing Knee Hugs 5 each side, relax and repeat 3x</p> 
<p>3. Single Leg Balance with Leg Swing 10 swings each leg, relax and repeat 3x</p> 	<p>Dynamic / Strength for Time: 4 Rounds 30 Seconds Effort & 15 Seconds Rest <i>(Do all 3 (a,b,c) exercises 30 sec each, rest 15 sec between, repeat 4 x)</i></p> <p>(a) Mountain Climbers</p>  <p><small>PHOTOGRAPH BY BETH BISCHOFF</small></p>
<p>(b) Speed Skaters</p> 	<p>(c) High knees</p> 
<p>Cool Down:</p> <p>Childs Pose Position Take 5 deep breaths- in thru the nose, pause, out thru your mouth</p> 	