

AFTER PRACTICE DYNAMIC STRETCHING (IYENGAR / PILATES)

WARM UP WITH ONE LAP LUNGES		
20 TO EACH SIDE	LATERAL KNEE SWING	REST INTERVAL NONE
10 UP 10 DOWN	BACK / AB ARCHING	REST INTERVAL NONE
5 UP 5 DOWN	SINGLE ARM ARCHING	REST INTERVAL 20 SEC
2 SETS 20	CONCENTRIC TOE TOUCH	REST INTERVAL 30 SEC
2 SETS 10	ECCENTRIC ARCHING	REST INTERVAL 20 SEC
3 SETS 20 SEC	STATIC PUSHUPS	REST INTERVAL 20 SEC
20 TO EACH SIDE	LEG SWING HORIZONTAL	REST INTERVAL NONE
20 TO EACH SIDE	LEG SWING VERTICAL	REST INTERVAL NONE
10 TO EACH SIDE TWICE	MOUNTAIN CLIMBERS	REST INTERVAL 30 SEC
3 SETS 30 SEC	STATIC SQUAT	REST INTERVAL 20 SEC
2 SETS 10 TO EACH SIDE	HIP SLIDE	REST INTERVAL 30 SEC
3 SETS OF 30 SEC	HEEL TO SHOULDER	REST INTERVAL 10 SEC
3 SETS 20 SEC	SAIGON SQUAT	REST INTERVAL 10 SEC
3 SETS 10 SEC	SPIDER SIT	REST INTERVAL 20 SEC
10 TO EACH SIDE 3 SETS	LATERAL LEG PENDULUM	REST INTERVAL 30 SEC
3 SETS 20 SEC	STATIC LEG LIFT	REST INTERVAL 10 SEC
3 SETS 10 SEC	STATIC HALF PUSH UPS	REST INTERVAL 10 SEC
COOL DOWN 2 LAPS LONG STRIDE JOG		