Prisoner squat
- WEIGHT IN YOUR HEELS
- HANDS BEHIND HEAD
- TORSO UPRIGHT

Jump squat
- WEIGHT IN YOUR HEELS
- TORSO UPRIGHT
- POWER THROUGH YOUR JUMPS!

Supermans
- BRING ARMS AND LEGS UP TO THE SKY, HOLD FOR 3 SEC
- OPTIONAL ARM MOVEMENT
Alternating lunge with chop
- WEIGHT IN HEEL OF FRONT FOOT
- TORSO UP, BRING ARMS ABOVE HEAD AND CHOP TO SIDE WITH LEG FORWARD
- ENGAGE YOUR CORE

Reverse plank with march
- KEEP YOUR HIPS UP
- BRING KNEE UP INTO CHEST, ALTERNATE

Wall sit
- WEIGHT IN HEELS
  DON'T PUT WEIGHT IN YOUR TOES!
- TORSO UP
- LEGS AT A 90 DEGREE ANGLE
- DON'T PRESS YOUR HANDS ON YOUR KNEES