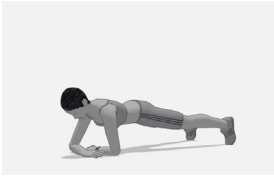


JAZMIN SAWYERS

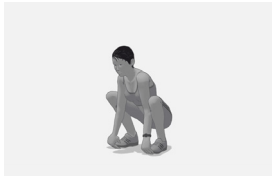
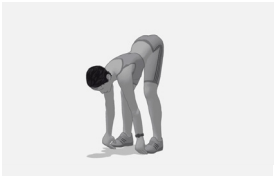
Full Body Workout



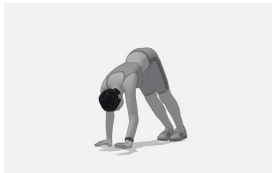
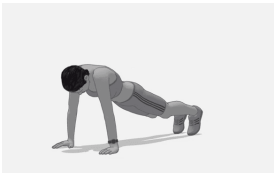
EXOS

PILLAR BRIDGE - ROLLING*5 Reps Each*

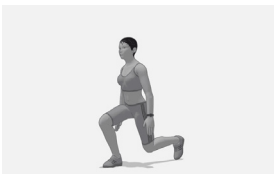
1. Push up off your elbows, support your weight on the forearms, and tuck your chin so head is in line with your body, hold for 2 seconds.
2. With torso engaged and back flat roll into a lateral pillar bridge. Hold for 2 seconds.
3. Return to the start position and then repeat on the opposite side

DEEP SQUAT TO HAMSTRING STRETCH*5 Reps*

1. Stand tall with your feet wider than hip-width apart.
2. Bend forward at your waist to grab your toes with your hands.
3. Drop down into a deep squat while keeping your arms straight, elbows inside your knees, back flat and chest up.
4. While holding your toes, raise your hips back and straighten your knees until you feel a good stretch in the back of your legs. Hold for 1 to 2 seconds.
5. Continue for the remainder of the set.

HANDWALK*5 Reps*

1. Stand with your legs straight and your hands on the ground in front of you.
2. Keeping your legs straight and stomach tight, walk your hands forward.
3. Still keeping your legs straight, walk your feet back up to your hands.
4. Continue for the remainder of the set.

REVERSE LUNGE - WITH LATERAL FLEXION*5 Reps Each*

1. Stand tall with your arms at your sides.
2. Step back with one foot into a lunge and contract your back glute.
3. Reach the hand of the back leg overhead and bend your torso toward your other hand.
4. Return to the starting position.
5. Repeat the movement with your other leg.
6. Continue alternating to complete the set.

PUSH UP

30 Seconds



1. Start in the classic push-up position with your hands beneath your shoulders and your legs straight behind you.
2. Keeping your torso stable and hips square to the ground, bend your elbows to lower your body towards the ground.
3. Without touching the ground, push yourself back up.
4. Continue for the full set.

GLUTE BRIDGE - MARCHING

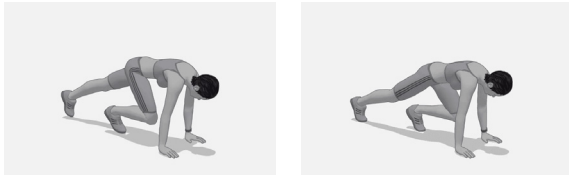
30 Seconds



1. Lie faceup with your arms to the side, knees bent, and heels on ground.
2. Fire (squeeze) your glutes to lift your hips off the ground until your knees, hips, and shoulders are in a straight line.
3. Lift one knee up to your chest by flexing at the hip.
4. Return your foot to the ground and repeat with the opposite leg.
5. Continue alternating to complete the set.

PLANK RUNNING (DYNAMIC)

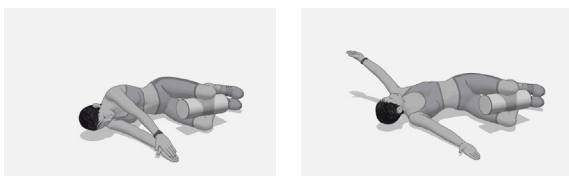
30 Seconds



1. Start in a push-up position with your feet shoulder-width apart and your hands under your shoulders.
2. Without moving your torso, slide one knee toward your chest, flexing at the hip.
3. Return your leg to the starting position while simultaneously sliding your opposite knee toward your chest.
4. Continue alternating to complete the set.

90/90

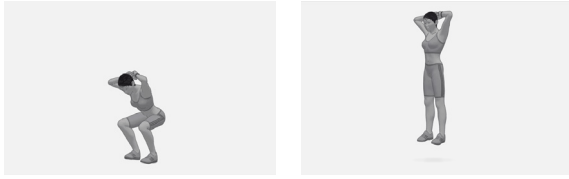
30 Seconds



1. Lie on your side and pin the pad between your knees, with your knees bent 90 degrees and your arms straight in front of you, perpendicular to your torso.
2. Keeping the pad pinned between your knees, rotate your chest and top arm, trying to place your back on the ground. Exhale and hold for 2 seconds.
3. Reverse directions to return to the starting position.
4. After 15 seconds, switch to the opposite side.

SQUAT JUMPS - CONTINUOUS

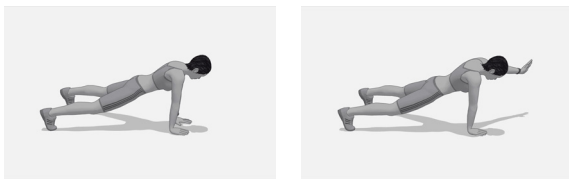
30 Seconds



1. Stand with feet just outside of shoulders and hands behind head.
2. Sit back and down into squat position, keeping knees behind toes.
3. Immediately jump vertically by extending through hips.
4. Pull toes to shins in mid-air to prepare for landing.
5. Land in squat position and immediately repeat the same movement.

PLANK - WITH ARM LIFT

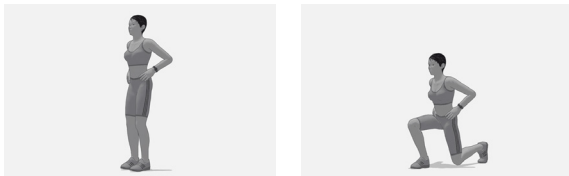
30 Seconds



1. Start in a push-up position with your hands directly beneath your shoulders and your feet wider than shoulder-width apart.
2. Lift one arm up and away from your body, holding for 1 to 2 seconds.
3. Return your arm to the floor underneath your shoulder.
4. Repeat the move with your opposite arm.
5. Continue alternating to complete the set.

REVERSE LUNGE - ALTERNATING

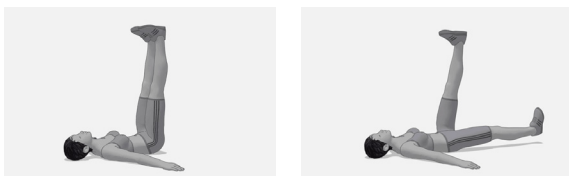
30 Seconds



1. Stand with your feet shoulder-width apart.
2. Keeping your chest up and your weight primarily on your front foot, step back into a lunge.
3. When your knee is just off the ground, push through your front hip to return a standing position.
4. Repeat with the opposite leg.
5. Continue alternating to complete the set.

STRAIGHT LEG LOWERING - SUPINE

30 Seconds



1. Lying face up on the ground with your knees straight and hips flexed with legs pointing up to the ceiling
2. While keeping your stomach tight, spine still, and left leg stationary, slowly lower your right leg straight down until you feel your pelvis about to start moving
3. Return back to the starting position and repeat to the opposite side
4. Continue for the prescribed time