
Exercise List

Cat Cow	x 5 - 10
Thoracic Rotations	x 10
Baby Squat Sway / Dorsiflexions	x 10
Squat To High Toe	x 10
Sumo Squat Heel Lifts	3 x 3 - 5 Lifts
360 Cossack	x 3 - 5 each side
Adductor Plank	x 10
Side Plank w / Hip Flexion and Abduction	x 6 - 10 per side
Deck Squat (Normal, Spring, Pistol)	x 3 - 5 of each
Goat Bag Swings	x 10
