

**Arm Circles**- Palms down- 8 small, 8 medium, 8 large...backwards the same  
Palms up- 8 small, 8 medium, 8 large...backwards the same  
Thumps down- 8 small, 8 medium, 8 large...backwards the same  
Thumps up- 8 small, 8 medium, 8 large...backwards the same

**5 sets hold each for a total of 20 seconds, breaks can be taken**



High Plank



Reverse Superman



Low plank



6 inches