

## BREAKFAST CLUB

### Mobile Eight (see videos)

- a) Wind Shield Wipers (repeat roll & bring hips forward)
- b) 5 Part Pretzel (shin, knee, hip & over top, Z-up) **\*\*Keep back flat – no roll**
- c) 3pt Rock & T-Spine
- d) Sphinx (breath, look, rock) (up, RT, LT, heels)
- e) Kneeling Hip Flexor – Rock & reach, (can use bands)
- f) Corkscrew Sky Diver (Neck Opener - ear to shoulder)
- g) Kick-Outs x8 (Grind down, Squeeze)
- h) Flying Push-ups x8 (eyes on the prize)

### Trigger Point Complex

Upper Body Trigger Point w/Ball – Pec Minor, Levator Scapulae (lying down or against a wall)  
Lower Leg Trigger Point w/Ball – Soleus, Gastroc Inner/Outer (Use with lower leg elevated)  
Lower Body Trigger Point w/Ball – Hip (lying on the ground), Glute (sitting in a chair)  
Prone Glute Activator – lock-in - 5 squeeze glute, lock-in – 5 lifts each leg  
Foam Roller w/Neck Turtle's 3x 12 (rolling side/middle/side)

## CORE EXERCISES

### PLATE COMPLEX

Rotary Lunge Fwd/Bwd (plate or med ball – holding above head or at chest)  
Yanzy Twist (using plate)  
Russian Twist (Gaze, squeeze oranges juice) – feet on the ground using med ball or plate  
*\*3-4x 3-6-3 reps per side/leg w/no rest between exercises and 1' between sets*

### SERIES #1

Belly Ups (one knee bent other leg straight on ground) – 3x8"  
Russian Twists (pinch the orange)– 3x 25  
Heal Slides (with towel, band or rope) – 3x 25  
Sky Divers (on stomach, arms corkscrewed at side) – 3x 25

### PEDESTAL OR PILLARS SERIES (Exercises – any combination)

Bows & Toes (Back flat, hands not clap)  
Left Side Bows & Toes (keep feet unstacked, hand on hip, squeeze shoulder blades)  
Push-up position holds (can add a 3-5 pushup in between holds)  
Right Side Bows & Toes (keep feet unstacked, hand on hip, squeeze shoulder blades)  
Bows & Heels (hips up)  
Bear Crawl Position (back flat, knee 2" off ground)  
Nose 2 Toes (legs straight up, touch nose then touch toes)  
Single Leg Glute Bridges – Repetitions  
Alternating Nose 2 Toes (RT hand to LT foot)  
Single Leg Glute Bridge Holds 10" – 5 reps – 10"  
Split Lunge Leg Lower Leg Holds 10" – 5 reps - 10" (raise front heel off ground, back foot flat on ground)  
*Mix & Match a total of 34 exercises at 30" per exercise with 5" rest/switch between (21 total minutes)*  
*\*Interval Timer is the App used – can be downloaded from the Apple App Store for free*

### CORRECTIVE CIRCUIT

Belly Up's – 8-10"  
Band Walks Front – 12x each way  
Band Walk Side – 12x each way  
Band Double Leg Glute Bridge – 15x  
Band Corkscrew Squats – 15x  
Band Pull-Apart – 20x  
Band Clams – 20x each way  
Dorsiflexion – 25x  
*\*\*Compete entire circuit in order 2-3x with no rest between exercises and 1-2' between sets*

### BIO DRILLS

#### ROTARY

4x Rotary Step (5m), Rotary Walk (10m), Rotary Run (10m), Full Speed Run Out (20m)

#### MAX

2x Rotary Lunge (10m), Rotary Skip (10m), Hot Wheels into a full sprint (20m)