

**Notes**

There are three workouts, but you can complete more than 3 days per week. After you get through all three, begin cycling through Days 1-3 of the following week's schedule.

**Warm-Ups**

Reverse Lunge x10 ea.

Side-Lying T-Spine Rotation x8 ea.

**Active Thoracic Extension 2x:20**

Dead Bugs x8 ea.

**Fire Hydrant x10 ea.**

Cool Down Only:

Bold=Repeat in Cool Down

Tucked Lat Stretch Walk x6 ea.

Barefoot Squat Sit x:20-:60

Pull-Up Bar Dead Hangs x:30-:60

*#RuthlesslyFit*