

**QUAD KILLER level 2***Playlist: Left Hand Ready to Go**WARM UP PHASE*

seated cat/cow

rib circles both directions

single leg swings right side

10 x arms T to cross

seated cat/cow

rib circles other direction

single leg swings left side

10x arms T to cross

*EFFORT PHASE*

10 squats

10 pushups

15 sec each side knee to opposite elbow hold

30 sec plank down/ups

10 jump squats

10 tricep pushups

15 sec knee to same elbow hold

30 sec shoulder taps

30 sec squat combo 3x squat 1x jump

30 sec rotating side plank

10 plank twist kick thrus both sides

30 sec squat combo forward/back 3x jump squat 1 squat

10 side plank reach thus both sides

10 plank side kicks

10 lunges left foot forward

10 plank knee taps left

10 pushup leg lifts left

5 twist lunges

:| right side

30 secs side facing lunge riders w/hands

30 secs side facing wide leg squat hold oblique crunches

30 sec small scissor lunges

30 secs facing side lunge riders no hands

30 secs side facing wide leg squat hold oblique crunches

30 sec large scissor lunges

30 secs facing side lunge riders toe tap

30 secs side facing wide leg squat hold oblique crunches

30 secs front/back scissor lunges

10 side plank hip dips

10 side plank elbow to knee

10 plank hand to heart

10 plank reachbacks

30 secs frog jumps

:| other side

*COOL DOWN*

on back

10 alternate extended leg lift/lower

10 extended both leg lift &amp; lower

10 soles to sky

10 windshield wiper both sides

knees to chest

roll to side quad stretch

switch sides

happy baby

savasana