

4 WAYS TO IMPROVE YOUR WORKOUT

Quadruped Rock with Adductor Stretch

Key points: keep core strong throughout to help maintain flat back. Watch the video [here](#).



Thoracic Rotation

Key points: keep knees touching and follow your hand with your eyes as you rotate. Watch the video [here](#).



Dead Bug

Key points: back should stay in contact with the ground as you reach your arms/legs out. Watch the video [here](#).



Glute Bridge March

Key points: keep hips level as you march or kick one leg. Use band at knees for added challenge. Watch the video [here](#).



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