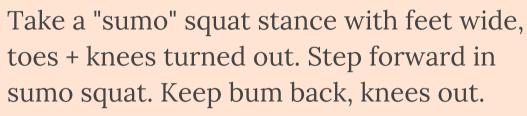


Perform 40 seconds of each exercise, with 20 seconds rest between, or more if needed. Complete 2 circuits. Use a hallway, or driveway or yard, moving back + forth until the 40 seconds are done. Breathe throughout!

SIDE SHUFFLE
Step sideways down the hallway in a semisquat position. Bum back, chest up.



2 SUMO WALK



3 WALL SIT

Slide down the wall into a squat with neutral spine. Don't tuck bum under. Breathe!

- 4 SIDE KICK WALK: LEFT
 - Stand sideways. Lean to right to kick left leg to side, aim with heel. Place foot down + lean to right again. Continue stepping + kicking.
- 5 SIDE KICK WALK: RIGHT

 As above. Lean to left to kick right leg to side, aim with heel.
- SQUAT WALK
 Step feet slightly wide, about hip-width.
 Inhale squat, exhale up. Step again, continue.