



SUNNY DAYS
INSTRUCTIONAL YBR C

Workout A	R/L	1	2	3	4
ALT. PLANK REACH	10				
JACK JACK SQUAT	20				
ALT PLANK REACH TO KNEE TUCK	10				
ENGAGED DB X-CONNECT [R]	10				
ENGAGED DB X-CONNECT [L]	10				
SIDE ANGLE POSE	30 SEC				
SIDE ANGLE POSE	30 SEC				
Workout B		1	2	3	4
SHOULDER COMPLEX	10				
NARROW SQUAT	20				
SHOULDER COMPLEX TO SQUAT	10				
TWISTED T	10				
ANGEL WINGS [STANDING]	20				
SIDE ANGLE TO REV. WARRIOR	10				
SIDE ANGLE TO REV. WARRIOR	10				
Workout C		1	2	3	4
SUMO GLIDE	10				
TWISTING JABS	20				
POSTERIOR SQUEEZE [R]	10				
POSTERIOR SQUEEZE [L]	10				
BOAT POSE W/ KNEE DROPS	10				
REVERSE WARRIOR	30 SEC				
REVERSE WARRIOR	30 SEC				