



Dancing in the Rain!

Workout A	R/L	1	2	3	4
Hydrant [R]	10				
Hydrant [L]	10				
Rev Lunge Switch Kick	10				
Pike Ups	10				
Chair Post Alt Calf Raise	10				
Glute squeeze	20				
V-sit heel taps	20				
Workout B		1	2	3	4
Quadruped ankle circles [R]	20				
Quadruped ankle circles [L]	20				
Goddess Calf Raise	20				
Traveling frog Burpee	10				
Dead Bug hold w/ Wrist Circle	20				
SLRDL w/ hop [R]	10				
SLRDL w/ hop [L]	10				
Workout C		1	2	3	4
Superman w/ shoulder rotation	10				
Squat to L Shoulder raise	10				
Seals	10				
Reach through w/ Flexion	20				
Man Makers	10				
RDL to Rev Fly	10				