**5.2 Strength**

**Circuit 1: 3 sets**

Alternating Glute Raise: 10 Reps Each

Russian Twist Figure 8: 8 Reps Each

Around the world: 8 Reps

**Circuit 2: 3 sets**

Alternating Superman w/ leg arch: 6 reps each

Hollow rocks: 10 Reps

Single leg, straight leg deadlift w/ curl to push Press: 6 Reps Each

**Circuit 3: 3 sets**

1/2 kneeling Core Lift: 8 Reps Each

Push up to plank reach: 5 Reps

1 1/4 split squat: 8 reps each