



WARM-UP: SFT MEETS APOLLA SHOCKS

TWISTING HAMSTRING STRETCH WITH CORE ACTIVATION

- 8x Twisting toward front leg, alternating legs
- 8x Twisting toward back leg, alternating legs

KNEELING HIP FLEXOR STRETCH WITH 2 WAY ARMS

First complete the full exercise with right foot forward...then with left foot forward

- 8x Twisting arms side to side at shoulder height
- 8x Alternate reaching arms up & back to left and up & back to right

PLANKS WITH 2 WAY SLIDERS

- 8x Twisting hips and extending leg straight across
- 8x Sliding feet forward to parallel 2nd position, and then back to plank

SLIDING PIVOT LUNGES IN 3 PLANES OF MOTION

- 8x each leg Lunge forward to backward...alternate reaching one arm up at a time
- 8x each leg Lunge parallel side to curtsey...arms reach towards weight-bearing leg
- 8x each leg Lunge forward with internal rotation and backward with external rotation...arms reach down towards lunging foot on forward lunge, and then sweep open on backward lunge

NARROW-TO-WIDE SLIDING SQUATS

Arms switch side-to-side with each squat, lifting up and over to change sides

- 8x Working in parallel, slide from narrow stance squat to wide stance squat
- 8x Working in turn-out, slide from narrow stance squat to wide stance squat

TURNING SLIDER LUNGES IN 3 PLANES OF MOTION

- 8x each leg Lunge forward, turning 180 degrees between each lunge...alternate reaching one arm up at a time
- 8x each leg Lunge parallel side, turning 180 degrees between each lunge...arms alternate reaching side to side
- 8x each leg Lunge backward with external rotation, turning 180 degrees between each lunge...arms alternate reaching down towards trailing foot, and then sweeping open towards lunging foot

3 WAY POSTERIOR SLIDERS WITH PASSE RELEVÉ...AND WITH A HOP

Working leg slides across behind standing leg, straight back, and then open away from standing leg

- 4x Perform the sequence of 3 way sliders, rising into passe relevé in between each squat
- 4x Perform the sequence of 3 way sliders, and hop in between each squat

Perform the entire exercise standing on the left leg; then repeat standing on the right leg

FINAL STRETCH

- 8x Standing figure 4 stretch, alternating legs