

EGOSCUE PAIN FREE WORKOUT SERIES

VOLUME 1 - BEGINNERS

1. Abduction-Adduction (feet wide)
1 set: 20 reps
2. Foot Circles and Point Flexes
1 set on each leg:
10 reps inward, 10 reps outward,
20 reps point flex
3. Lying Lateral Leg Raises
2 sets on each leg:
10 reps upward, 10 reps downward
4. Frog
Hold 1 minute
5. Hip Cross-over Stretch (palms down)
Hold 1 minute on each side
6. Cats and Dogs
1 set: 10 reps
7. Hand-Leg Opposite Lifts (on hands and knees)
10 reps per side
Hold for 5 seconds each
8. Upper Spinal Floor Twist
Hold 1 minute on each side
9. Pelvic Tilts (palms up)
1 set: 10 reps
10. Free Crunches with Obliques
2 sets: 25 reps
11. Active Bridges (palms up)
1 set: 15 reps
12. Free Crunches
2 sets: 25 reps
13. Static Extension (on elbows)
Hold 1 minute
14. Kneeling Groin Stretch
Hold 1 minute on each side
15. Sitting Femur Rotations
3 sets: 10 reps (wider each set)
16. Modified I-T Band Stretch (palms up)
Hold 1 minute on each side
17. Cats and Dogs
1 set: 10 reps
18. Free Squat
Hold 1 minute