

EGOSCUE PAIN FREE WORKOUT SERIES

VOLUME 2 - ADVANCED

1. Standing Arm Circles
1 set: 40 forward, 40 backward
2. Lateral Leg Raises
2 sets each leg: 10 reps
3. Standing Elbow Curls
1 set: 20 reps
4. Standing Windmill
3 sets: 5 reps each side (wider each set)
5. Cats and Dogs
1 set: 10 reps
6. Hip Cross-over Stretch (palms down)
Hold 1 minute on each side
7. Hip Lift (palms up)
Hold 30 seconds on each side
with 10 oblique crunches
8. Free Crunches
2 sets: 20 reps
9. Flutter Kicks
1 set: 100 reps
Alternate point and flex every 10 reps
10. Cobra on Elbows
Hold 30 seconds legs narrow
Hold 30 seconds legs wide
11. Active Cobra (soles of feet together)
1 set: 20 reps
12. Hand-Leg Opposite Lifts (prone position)
5 reps per side (hold 5 seconds each)
13. Hand-Leg Opposite Lifts (on hands and knees)
5 reps per side (hold 5 seconds each)
14. Downward Dog
Hold 1 minute
15. Upper Spinal Floor Twist
Hold 1 minute on each side
16. I-T Band Stretch (palms up)
Hold 1 minute on each side
17. Pelvic Tilts (palms up)
1 set: 10 reps
18. Full Sit-ups
1 set: 10 reps
19. Active Bridges
1 set: 10 reps
20. Full Sit-ups
1 set: 10 reps
21. Supermans
Hold 1 minute
Arms move from forward, side, behind back,
side and forward
22. Extended Lateral (torso down)
Hold 30 seconds middle
Hold 30 seconds each side
23. Extended Lateral (torso up)
Hold 1 minute each side
24. Push-ups (legs apart)
1 set: 10 reps
25. Downward Dog
Hold 1 minute
26. Push-ups (legs apart)
1 set: 10 reps
27. Free Squat
Hold 1 minute