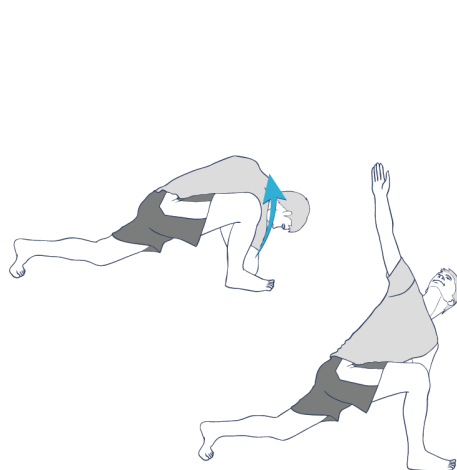
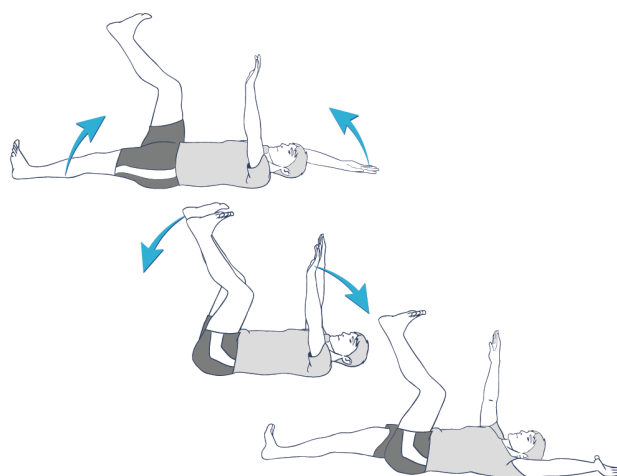


Workout 18

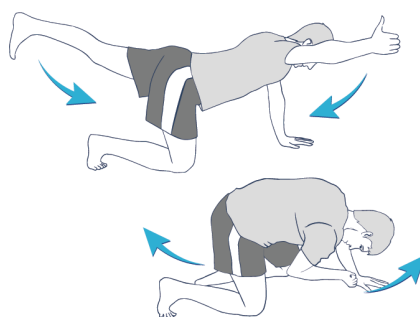
Exercise	Time (secs)	Reps	Sets	✓
Hip Openers	60			✓
Dead Bugs	60			✓
Bird Dog with Rotation - Left	60			✓
Bird Dog with Rotation - Right	60			✓



Hip Openers



Dead Bugs



Bird Dog with Rotation