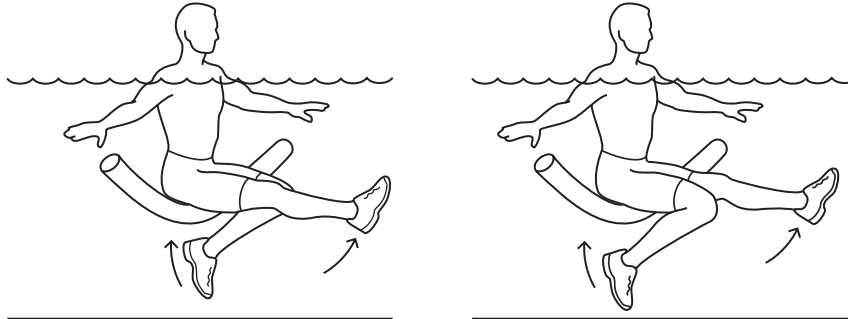


# WARM UP SERIES

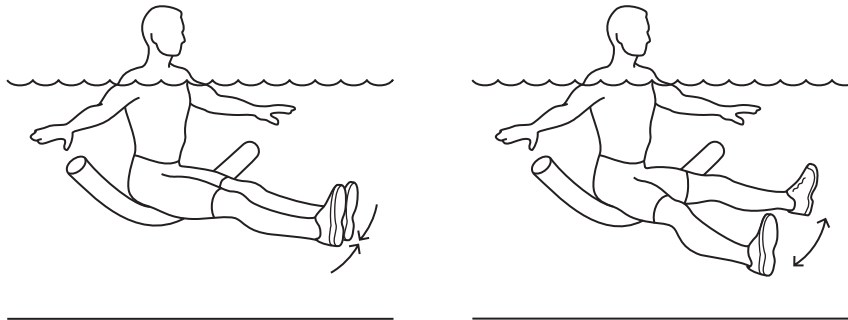
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## NOODLE POSITION: Swing

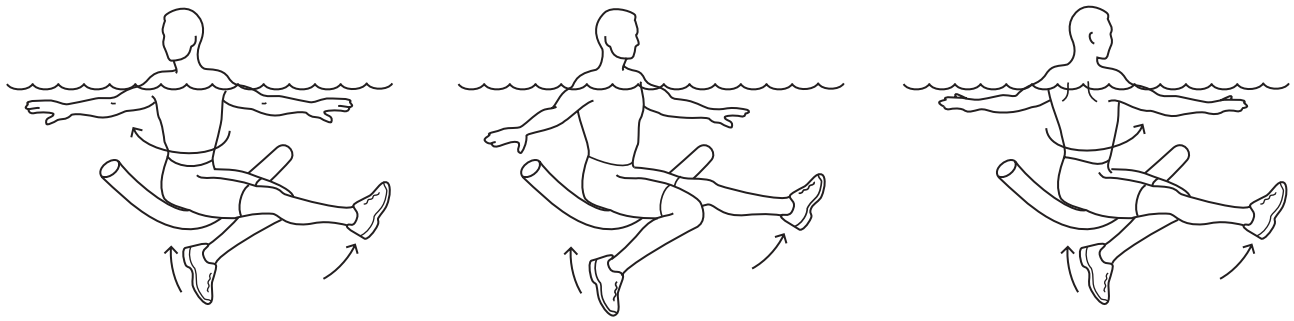
### SIT KICK / Scull



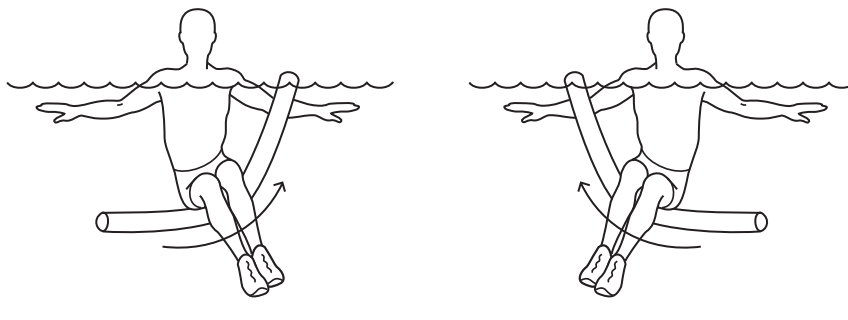
### L SIT JACKS



### SIT KICK / Sweep & Turn



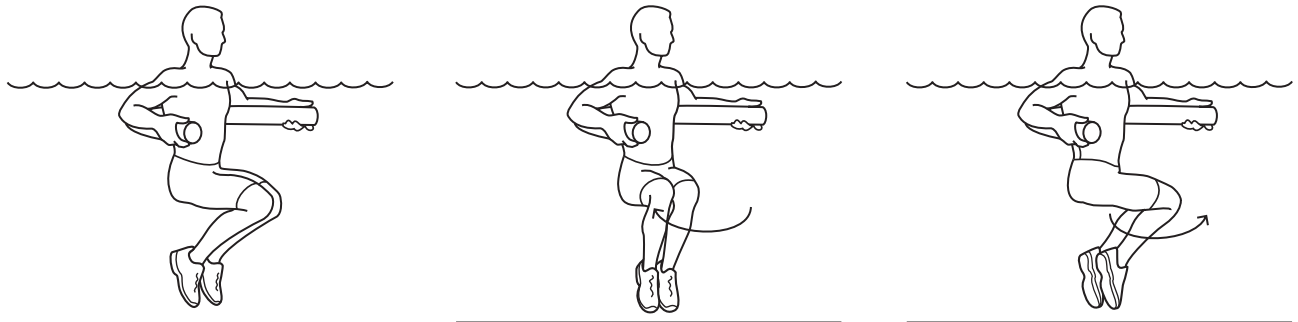
### HIP CURL



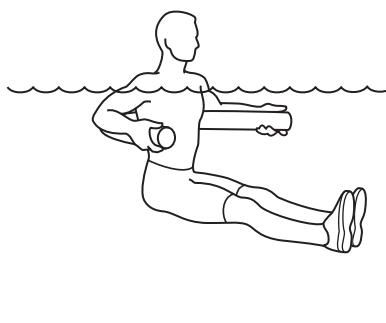
# TRANSITION SERIES

## NOODLE: Posterior Sling

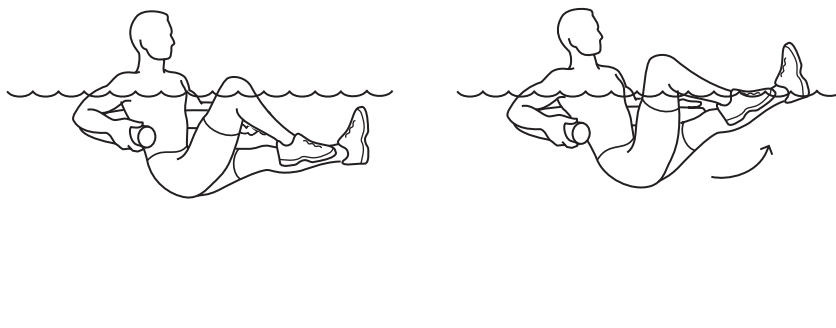
### TUCK & HOLD – Rotate



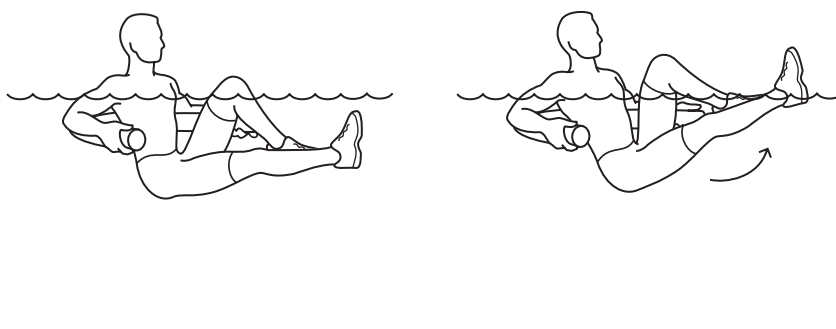
### L SIT – Hold



### V SIT REVERSE CURL – RIGHT Leg Bent



### V SIT REVERSE CURL – LEFT Leg Bent

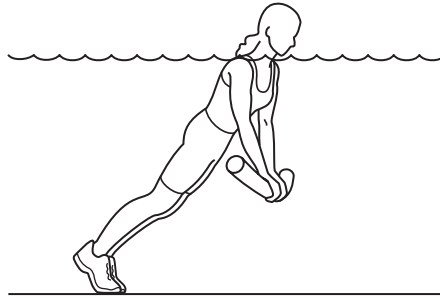


# STABILITY SERIES

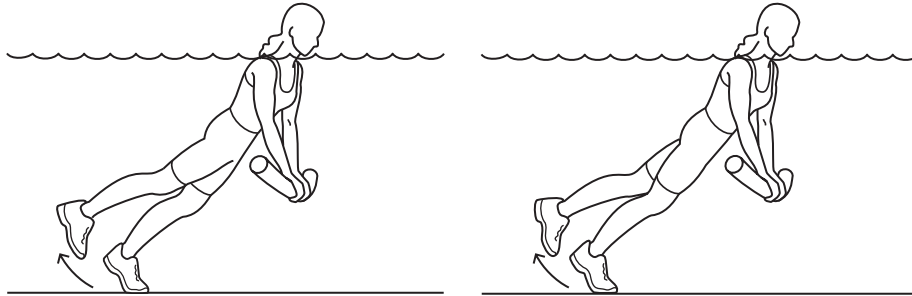
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## NOODLE POSITION: Hand Held

### PRONE PLANK I – Stabilize

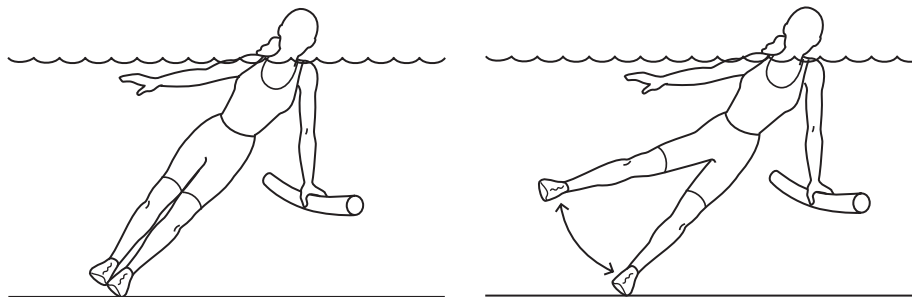


### PRONE PLANK II – Leg Raise – ALTERNATE



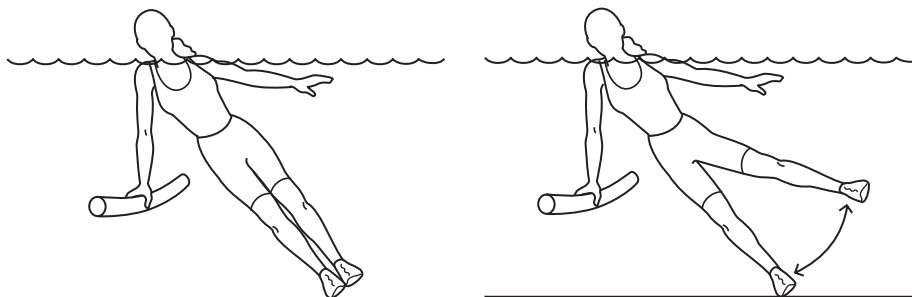
## NOODLE: Hand Held – LEFT Side

### SIDE PLANK – PLIERS – RIGHT



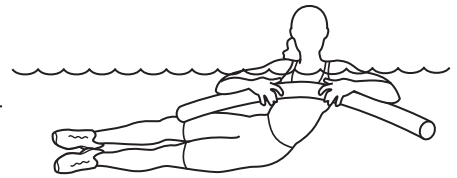
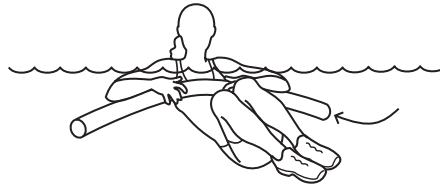
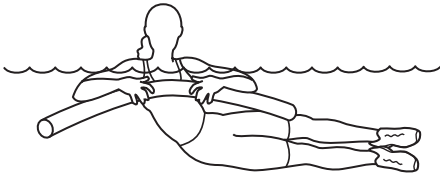
## NOODLE: Hand Held – RIGHT Side

### SIDE PLANK – PLIERS – LEFT



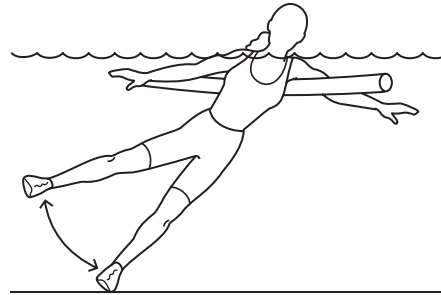
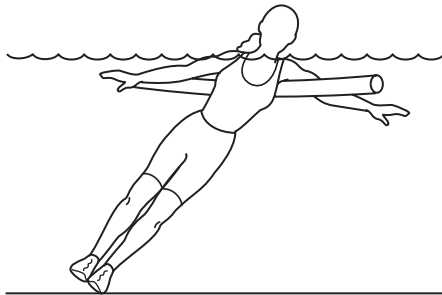
**NOODLE: Anterior Sling**

**SHOOT THROUGH – Side to Side**



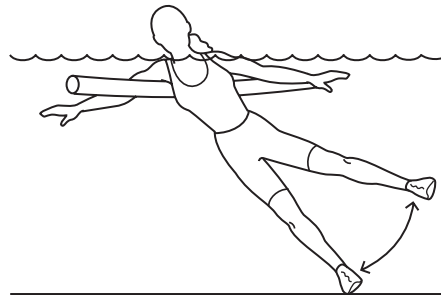
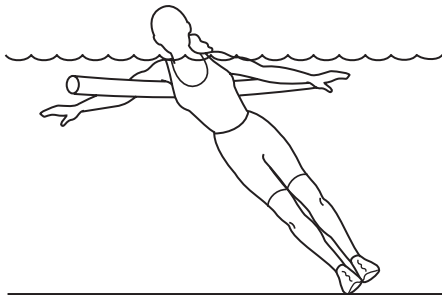
**NOODLE: Lateral Sling – LEFT Side**

**SIDE PLANK – PLIERS – RIGHT**



**NOODLE: Lateral Sling – RIGHT Side**

**SIDE PLANK – PLIERS – LEFT**

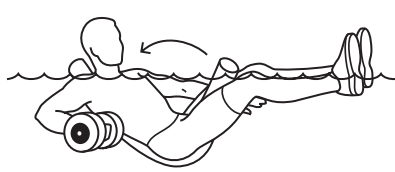


# AB CURL SERIES

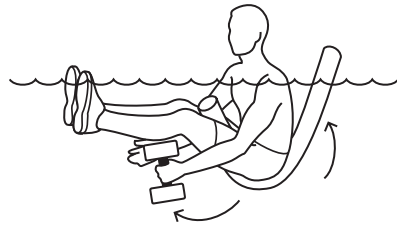
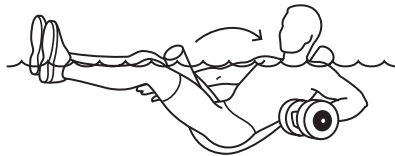
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## NOODLE POSITION: Straddle, SINGLE HAND BUOY

**ABDOMINAL CURL – Recline / Sweep – Hand Buoy in RIGHT Hand**

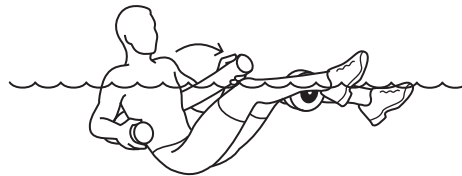
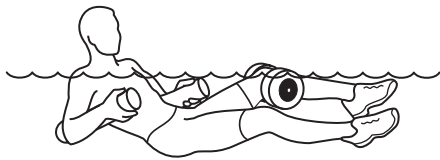


**ABDOMINAL CURL – Recline / Sweep – Hand Buoy in LEFT Hand**



## NOODLE POSITION: Posterior Sling, SINGLE HAND BUOY: Under Knee

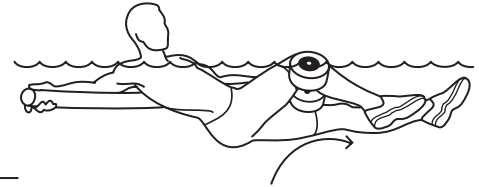
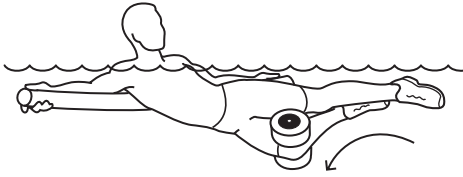
**DIAGONAL CURL – RIGHT**



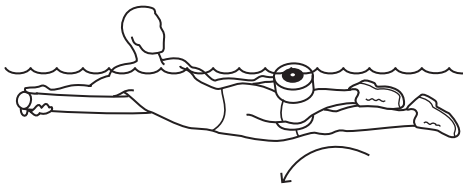
**DIAGONAL CURL – LEFT**



## HIP ROLL – RIGHT Leg



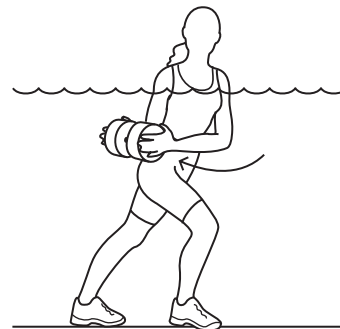
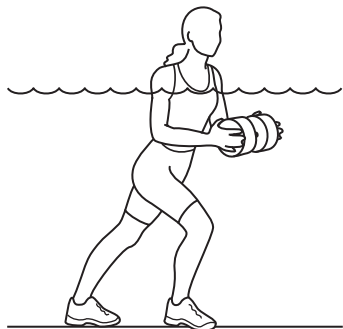
## HIP ROLL – LEFT Leg



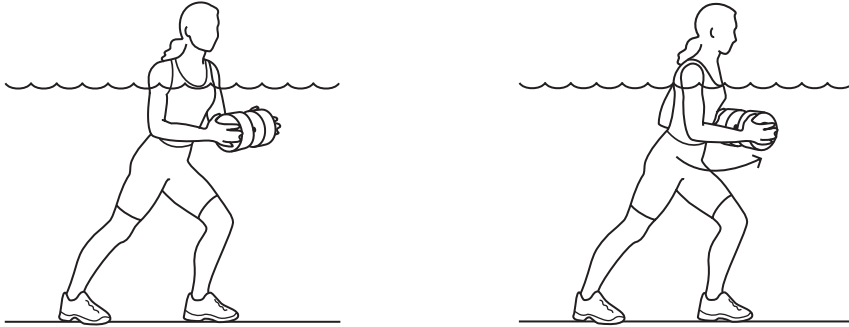
# ROTATION SERIES

## SINGLE HAND BUOY, GRIPPED AT ENDS

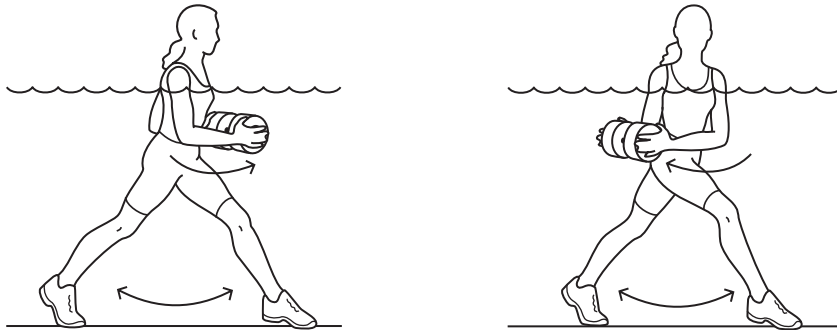
### LUNGE STANCE – LEFT / Sweep Right to Center



**LUNGE STANCE – RIGHT / Sweep Left to Center**

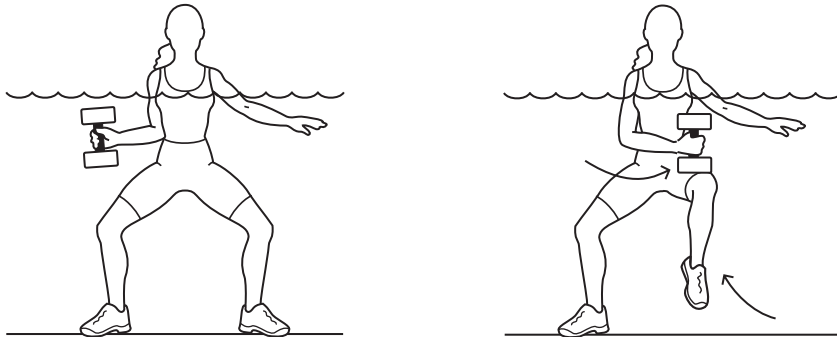


**X-COUNTRY SKI II – Tap Bottom / Sweep Side to Side**

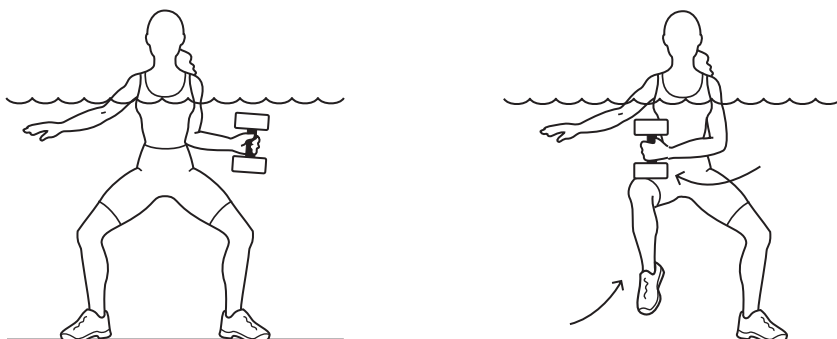


**HAND BUOY IN ONE HAND**

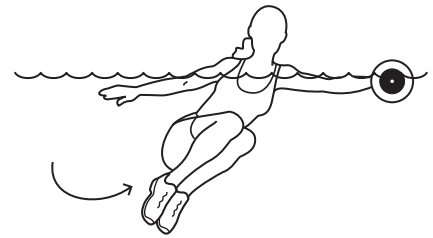
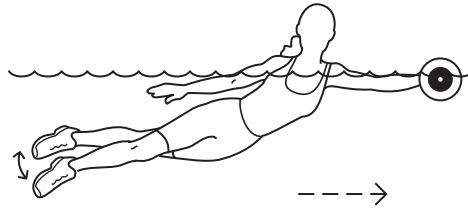
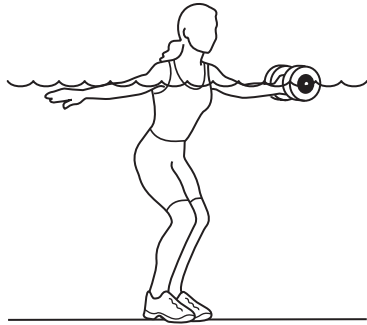
**STRADDLE STANCE – KNEE SWEEP – LEFT / Rotator Cuff Sweep – RIGHT**



**STRADDLE STANCE – KNEE SWEEP – RIGHT / Rotator Cuff Sweep – LEFT**



## FALL & RECOVER – Travel RIGHT



## FALL & RECOVER – Travel LEFT

