

Week 3, Day 1:

- Stepping Over x 8
- Stepping Under x 8
- Lateral Figure Four Seated to Tall Split Kneeling (Alternate sides) x 8
- Deep Knee Bend x 8
- Deep Knee Bend Stances x 8 (Hold as long as you can.)
- Split Squat (Alternate sides) x 8
- Medium Kneeling to Tall Kneeling x 8
- Deep Knee Bend to Tall Half-kneeling (Alternate sides) x 8

