

Week 3, Day 2:

- Stepping Over x 12
- Stepping Under x 12
- Lateral Figure Four Seating to Tall Split Kneeling (Alternate sides) x 12
- Deep Knee Bend x 12
- Deep Knee Bend Stances x 12 (Hold for 10 seconds)
- Deep Squat x 12
- Deep Squat to Medium Half-kneeling (Alternate sides) x 12
- Deep Squat to Tall Kneeling x 12

