

Week 3, Day 3:

- Deep Squat x 16
- Deep Knee Bend to Tall Deep Knee Bend x 6 (Hold the tall stance for 10 seconds)
- Deep Squat to Deep Half-kneeling (Alternate sides) x 16
- Deep Squat to Medium Kneeling x 16
- Deep Kneeling to Lateral Half-kneeling (Alternate side) x 16
- Split Deep Knee Bend Reverse x 16

