

Week 3, Day 4:

- Deep Squat x 20
- Deep Knee Bend to Tall Deep Knee Bend x 8 (Hold the tall stance for 10 seconds)
- Deep Squat to Deep Kneeling x 20
- Deep Kneeling to Lateral Half-kneeling (Alternate sides) x 20
- Deep Kneeling to Lateral Half-kneeling to Split Kneeling (Alternate sides) x 20
- Split Deep Knee Bend Reverse x 20

