

# WE ARE DAY BREAK

## FAB ABS

TIME	REPS	SETS	EXTRAS	NOTES
PLANK ON ELBOW				
PLANK ON HANDS				
PLANK LATERAL (SIDE)		R L		
PLANK THREAD THROUGH		R L		
PLANK LEG LIFT ALT		R L		
V-SIT				
V-SIT RUNNING				
V-SIT SCISSORS				
INS & OUTS				
PELVIC RAISES				
TOE TOUCH				
PLANK REVERSE				
PLANK CRAB				
BICYCLE TWISTS				
RUSSIAN TWISTS				
SCISSORS				
PLANK KNEE TO ELBOW		R L		
PLANK KNEE TO OPP ELBOW		R L		

## STABLE HIP + GLUTES + LEGS

TIME	REPS	SETS	EXTRAS	NOTES
BRIDGE				
BRIDGE - SINGLE LEG		R L		
SWISS BALL - BACK BRIDGE ROTATION				
DONKEY KICKS		R L		
SIDE LEG LIFT - STRAIGHT		R L		
CLAMS		R L		
ABDUCTOR LIFT		R L		
SINGLE LEG BALANCE (+WOBBLE DISC)		R L		
LATERAL SKATER (+GLIDERS)		R L		
HIP HIKE		R L		
SINGLE LEG DEAD LIFT/ HINGE		R L		
SQUATS				
SINGLE LEG SQUATS		R L		
LUNGES		R L		
STANDING x BAND LOW + KNEE LIFT		R L		
STANDING x BAND HIGH + UP N ROTATE		R L		

## STRONG BACK

TIME	REPS	SETS	EXTRAS	NOTES
CLOCKWORK				
SWIMMER				
SUPERMAN				
SIDE BEND (ON STOMACH)				
ALT LIFT (ON STOMACH)				
PUSH UP				
PLANK ROW				
SHOULDER CIRCLES				
BUTTERFLY (SHOULDER BLADES)				
BAR PULL (ON STOMACH)				
HINGE / DEAD LIFT				
SWISS BALL PIKE				
STANDING CHAIR SIT ARMS UP				
SWISS BALL BACK EXTENSION				

## MOBILE x FLEX

TIME	REPS	SETS	EXTRAS	NOTES
QUAD STRETCH STANDING		R L		
QUAD STRETCH SITTING (R BALASANA - REVERSE CHILD'S POSE)				
CALF STRETCH (ON STEP)		R L		
SOLEUS STRETCH (ON STEP, BEND KNEE)		R L		
CRESCENT LUNGE (ANJANEYASANA - KNEELING + ARM RAISE)		R L		
LIZARD POSE (UTTITHAN PRISTHASANA - DEEP HIP FLEXOR)		R L		
UPWARD FACING DOG (URDHVAMUKHA SHVANASANA)				
SUPINE SPLIT HAMSTRING (SUPTA PADANGUSTHASANA)		R L		
TRIANGLE POSE (TRIKONASANA - ABD/HS/BACK+ TWIST)		R L		
BUTTERFLY STRETCH (BADDHA KONASANA - HIP OPENER/ABD)				
SEATED FOLDS (JANUSIRSASANA - GROIN/ABDUCTOR/HS/BACK)		R L		
THREAD THE NEEDLE (SUCIRANDHRASANA - GLUTES/HIPS)		R L		
PIGEON POSE (KAPOTASANA - GLUTES/HIPS/BACK/HIP FLEXOR)				
LYING LEG CROSS OVER (ITB/GLUTES)				
FIRE LOG POSE (AGNISTAMBHASANA - LATERAL HIP OPENER)		R L		
SEATED SQUAT (MALASANA - HIP OPENER)				
PLOUGH POSE (HALASANA - HAMSTRING/BACK)				
KNEES INTO CHEST/ CHILD'S POSE (APANASANA - BACK)				
STANDING LATERAL SIDE STRETCH (OBLIQUES/CORE/BACK)		R L		
EXTENDED SIDE ANGLE POSE (UTTITHA PARSAKONASANA)		R L		
DRAW THE ALPHABET WITH YOUR FEET (ANKLE MOBILITY)		R L		



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/GROUPS/WEAREDAYBREAK



WEAREDAYBREAK



WE\_ARE\_DAYBREAK



CLUBS/WEAREDAYBREAK

**EXTRAS** SWISS BALL / FOAM ROLLER / WEIGHTS / MEDICINE BALL / RESISTANCE BANDS / WOBBLE DISC / YOGA BLOCK / TRX / GLIDERS

DATE / / SESSION 2018/ STRENGTHENING MIN LENGTHENING MIN