

CONTORTION STRONG: PRE-BACKBENDING CONDITIONING

Exercise	Month 1 Reps	Month 2 Reps	Month 3 Reps	Month 4 Reps	Exercise notes
Candlestick burpees					
Back kicks					
Woodpeckers					
Back leg lifts					
Shoulder shrugs					
Shoulder shrugs with extension					
Plank sequence					
Yoga block pushups					
Oblique/QL warm up					
Oblique/QL stretch					

