

# CONTORTION STRONG: LEG FLEXIBILITY WARM UP

Exercise	Month 1 Reps	Month 2 Reps	Month 3 Reps	Month 4 Reps	Exercise notes
Lunge walks					
Turned out lateral lunge					
Lunge w/ back leg extension					
Single leg hip lifts					
Sitting leg lifts					
Front kicks					
Modified Bird Dog					
Side kicks					
Straddle swim throughs					
Straddle drops					

