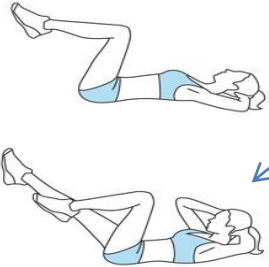


# GET BACK INTO IT



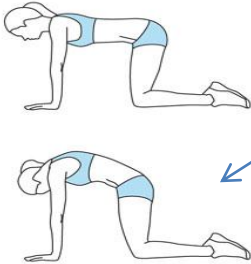
A 30 minute workout to target your back with a little AB work.

### 1. Bicycle Abs



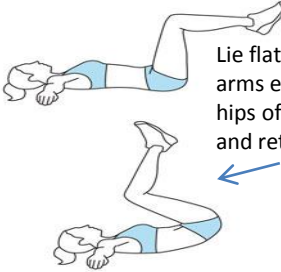
Lie on your back with your hands behind your head and one leg extended. Slowly alternate legs bringing one knee in at a time.

### 2. Cat- Camel



Start on all fours with hand directly under shoulders and back parallel to the ground. Then round your spine to the ceiling and return to start.

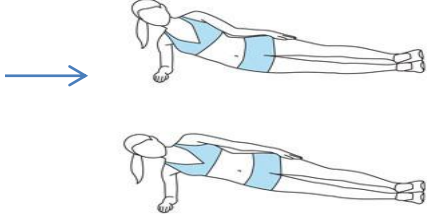
### 3. Reverse Crunch



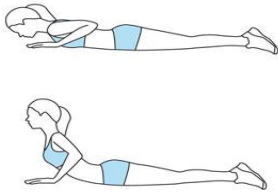
Lie flat on your back with your arms extended. Slowly Lift your hips off the ground with control and return to start

### 4. Side Plank w/Hip Touch Down

Lie on your with your legs extended and your feet and hips resting on the ground and stacked on top of each other. Slowly lift your hips and knees off the floor;

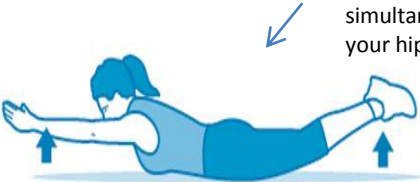


### 5. Cobra Pose



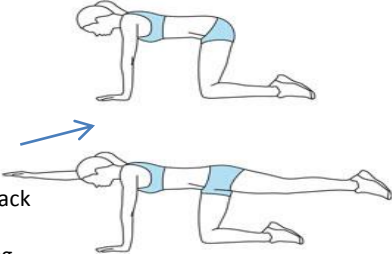
Lie on your stomach with your hands underneath your shoulders. Lift your shoulders and head up while pressing your hips to the ground.

While lying flat on the ground extend your arms and legs simultaneously while pressing your hips to the ground



### 6. Super Man

Start on all fours with hand directly under shoulders and back parallel to the ground. Extend your arm with your opposite leg outward. Return to start and do the other side.



### 7. Bird Dog

**Instructions:**

- Round 1: Complete each exercise for 30 seconds
- Round 2: Complete each exercise for 60 seconds
- Round 3: Complete each exercise for 90 seconds
- Round 4: Complete each exercise for 60 seconds
- Round 5: Complete each exercise for 30 seconds