

Personal Fitness and Wellness

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Butt Kicks



Reverse Lunge

How to do a *Reverse Lunge Exercise*



Crunches

A



B



Side Plank

verywell

FOREARM SIDE PLANK

« TIP

Keep your head and spine neutral as you engage your core, lifting your hips and knees off the floor.



Sumo Squat



Side Lunge



Russian Twist

HOW TO DO RUSSIAN TWISTS



MOVE 1



MOVE 2



MOVE 3



Flutter Kicks



