

# SEAS

## *The Day*

Workout A		1	2	3	4
East/West & North/South	20 Each				
Quadrouped Scap Slides R	10				
Quadrouped Scap Slides L	10				
Good Mornings	20				
Floor Scap Slides	10				
Step Over Squeeze	20				
Workout B		1	2	3	4
Pistol Squat Variation R	10				
Pistol Squat Variation L	10				
Boat pose w/ Leg Ext	20				
Squat Kick	20				
Sumo Squat Lat Squeeze	10				
Tree Pose R	30 sec				
Tree Pose L	30 sec				
Workout C		1	2	3	4
Plank to Pike Toe Touch	20				
Drop Squats	20				
Cactus Lifts	10				
Pledge Plank	10				
Figure 4 Balance R	30 sec				
Figure 4 Balance L	30 sec				