



Make sure to warm up before to start...

1. Extend your arms above the head, and come down like if you are trying to touch your feet
2. Ground your feet and bring your elbow across your body, in order to touch your opposite knee.. keep looking at the ceiling.
3. Engage your ABS, keep your leg straight and move them up and down.
4. Bring your elbow across your body, in order to touch your opposite knee.. keep looking at the ceiling while you are moving your legs in and out.
5. Engage your ABS, keep your legs straight and move them up and down with an interchanging motions.
6. Engage your ABS, keep your shoulders down and touch your feet side to side.
7. Engage your abdominal (Bauch), Dorsal and keep your behind tight and stable. Make sure that your elbows are in a straight line with your shoulders.
8. Keep your legs raised and twist your torso side to side.

Repeat for 3 times and then Stretching.