**Intermediate Dryland 6/04**

* 2 Times Thru

1:00 Bird Dog (Hold :30/30), 5 PushUps, rest :10

10 Touches/:10 Hold Bird Dog each side, 5 PushUps, rest :10

DeadBug (Hold each position for :05, 3 Times each), 5 PushUps, rest :10

8 Superman Exercises. 5 PushUps, rest :10

8 Swimmer Exercises. 5 PushUps, rest :10

* 3 Times Thru
* 4 x :30 on/:10 off (2:00 rest in between)

1. Burpees, No PushUp
2. “Up/Downs” (6 Hi Knee Steps, 6 Mountain Climbers)
3. Bunny Hops (Round 1-2=Back and forth, Round 3-4=Side to side)

* 3 Times Thru (:10 between exercises, 1:00 rest in between Rounds)

10 Toe Touches

10 Outside Ankle Reaches or Bicycles

10 Crunches

10 Leg Raises

10 Streamline Flutter Kick on Back