**Dryland – Day 1 (Saturday or Sunday)**

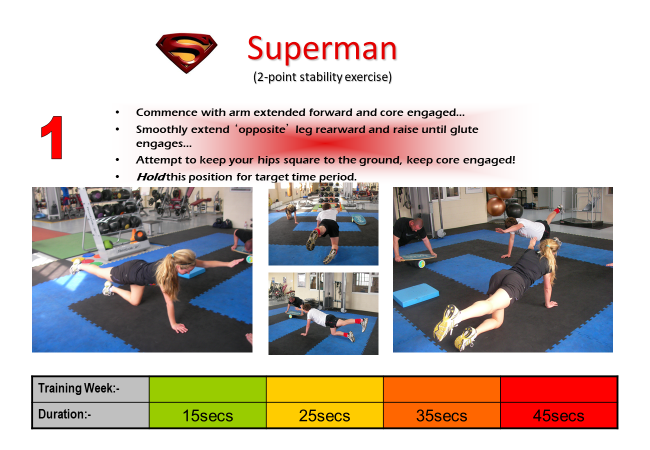
Lay in streamline on back – hold 10 seconds

Sit up in streamline – reach for sky – eyes straight ahead, tummy tucked in – hold 20 seconds

Lay back in streamline - flutter kick – 30 seconds

Roll on stomach and streamline – hold 20 seconds

Superman – hold 15 seconds on each side



Push -ups – 10 – mountain climbers – 20 - (No Break in between) – no knees down

Leg lifts (hands at hips) – 15 – Windshield Wipers (legs straight up and from side to side – like a windshield wiper) – 10 (back and forth counts as 1)

Crunches - 10 x knees bent, feet on ground – 10 x legs off ground with knees bent– 10 x feet on ground, left elbow to right knee – 10 feet on ground, right elbow to left knee

Jumping Jacks – 25

Squats – 15

Squat jumps – 10 – into a streamline

Burpees – 5

Congratulations - DONE