

THE LAST 31 DAYS OF WINTER, 24'

#	Exercise	Reps/ Time
1	Body Squats	10
2	Push-ups	10
3	V-Crunches	10
4	Plank	30 secs
5	Back Arches	10
6	Goanna's	10 (5L/5R)
7	Prone Leg Rotations	10
8	Side Dips	10 (5L/5R)
9	Lunges	10 (5L/5R)
10	Walk Outs	10
11	Calf Raises	10
12	Back Rotations	10
13	Diamond Push-Ups	10
14	Side Scissors	10 (5L/5R)
15	Deep Body Squats	5
16	Armless Get Ups	5
17	Pelvis Press	10
18	Alternate Crunches	10
19	Downdog Press	10
20	Lunge Rotation	10 (5L/5R)
21	Track Starts	10
22	Side Squats	10 (5L/5R)
23	Dog Pointers	10 (5L/5R)
24	Flutter Kicks	10
25	Single Leg Squats	10 (5L/5R)
26	180 Twist Jumps	10
27	Squat Knee Lifts	10 (5L/5R)
28	Figure 4 Crunches	10 (5L/5R)
29	Supermans	10
30	Push Up Crossovers	10 (5L/5R)
31	High Arm Squats	10