

## **LWC DISTANCE NOTRE DAME SAM**

- Front Plank x 30 sec
- Side Plank x 30 sec
- Back Plank x 30 sec
- Side Plank x 30 sec
  
- A Skips down
- B Skips back
- Speed Skaters x 8
  
- Lower Leg Raise x 8
- Bird Dog x 8
- Dead Bug x 8
- One-legged Hip Bridges x 8
  
- Catcows x 8
- Good Mornings x 8
- 3 Way Reach x 8 each
- Sky Kicks x 8
- Leg Stars (8 directions) x 3 each leg
  
- Alphabet x 30 sec. each leg
- Eccentric Heel Drops x 8