

## 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
  
- Lower Leg Raise x 8 – on back in plank position, alternate lifting legs
- 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 **3 each**
- Leg Stars (8 directions) x **3 each** leg
- Alphabet x 30 sec. each leg

### **With Shoes On**

- Eccentric Heel Drops x 8
- Speed Skaters x 8
- A Skips down
- B Skips back