



# THE INTENSE WORKOUT AT A GLANCE

Repeat sequence three times to complete workout.

Time: 40 minutes

## EXERCISE 2: FOUNDATION SQUAT



## EXERCISE 4: WINDMILL



## EXERCISE 1: THE FOUNDER



## EXERCISE 3: GOOD MORNING



## EXERCISE 5: WOODPECKER





EXERCISE 6: BACK EXTENSION



EXERCISE 7: FOUNDATION PLANK



EXERCISE 8: ADDUCTOR-ASSISTED BACK EXTENSION



EXERCISE 9: CHILD'S POSE/  
KNEELING FOUNDER



EXERCISE 10:  
LUNGE STRETCH

