

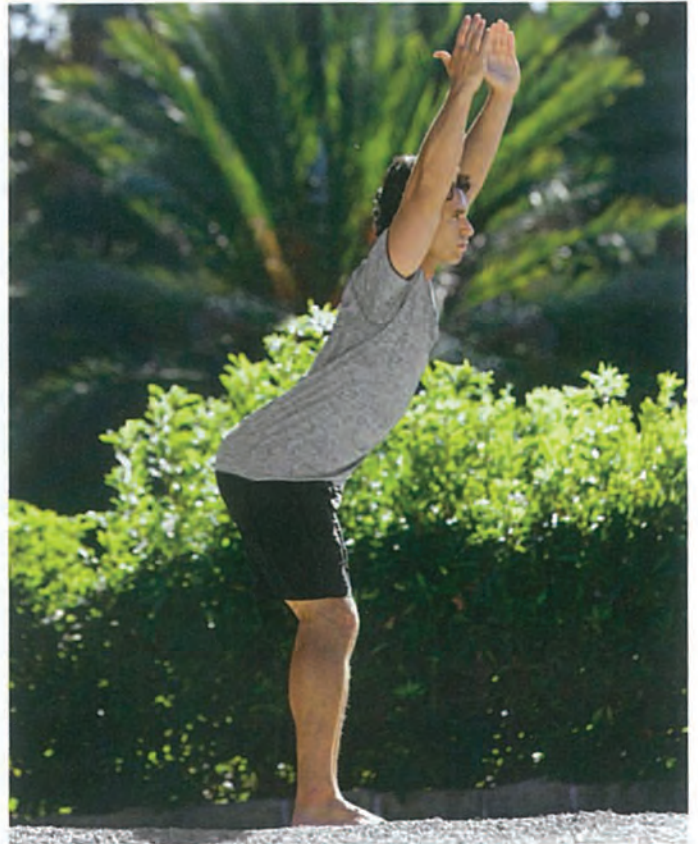


THE MODERATE WORKOUT AT A GLANCE

Repeat sequence three times to complete workout.

Time: 30 minutes

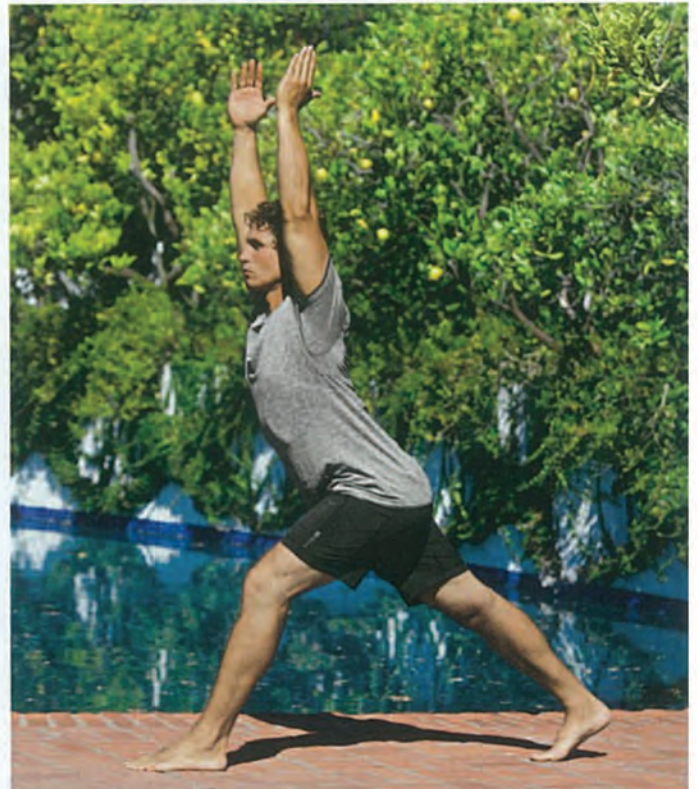
EXERCISE 1: THE FOUNDER



EXERCISE 2: FOUNDATION SQUAT



EXERCISE 3: WOODPECKER



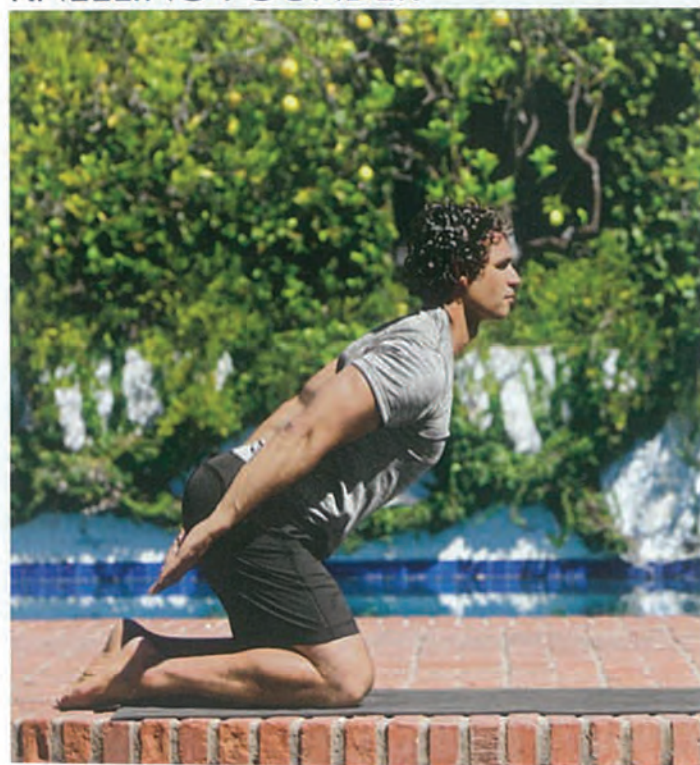
EXERCISE 4: BACK EXTENSION



EXERCISE 5: ADDUCTOR-ASSISTED BACK EXTENSION



EXERCISE 6: CHILD'S POSE/ KNEELING FOUNDER



EXERCISE 7: LUNGE STRETCH

