

# LEVERS

10 MINUTES

REPEAT IN PIKE AND STRADDLE:

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- X15 LEFT LEG RAISES
- 15 SEC HOLD
- X10 NUDGES
- X5 CIRCLES ONE DIRECTION THEN THE OTHER

*REPEAT THE ABOVE ON YOUR RIGHT LEG*

- X15 BOTTOM RAISES
  - X5-10 (EACH LEG) ONE LEG UP THE OTHER LEG
  - RAISING UP AND DOWN INTO THE LEVER
  - X15 LEVER PUSH UPS
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