

Fluid Strength
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Warm Up (Body Weight)

Squat Swing / Side to Side squat with arm sideways figure 8/ back lunge with with twist R-L / Squat with arm ribbon / turn into curtsy lunge with arm ribbon / one leg front to back curtsy and add back knee touch floor / Side Plank and hip lift / Plank and hips lift / tuck in and roll up

Warm Up (Gliding)

Squat with twist down and up / Squat and staying low and lunge out to side - skate slow / lunge back staying low - ski slow / circle back to side and side to back

Combo #1 A - (Body Weight)

Lunge back with touch / no touch with knee up / jump / faster / balance / tuck in and extend / back leg lift / dead lift / hop back with one leg / hop in and out in plank and leg extend

Combo #1 B - (Gliding)

Lunge back and home / lunge low and slow - add speed (one slow - 2 fast - ect) / Low tuck in - out - extend leg - lower / Slide forward and lift off discs - slide back and lift foot off disc / 1 leg slide back to plank with other leg on top - extend up with free leg - back to standing

Combo #2 A (Body Weight)

Alternate loaded side to side lunge / low side to side slided / lift leg / swing to back lunge / low tuck squat / Quadriped / Twist R L leg under to sides / low tuck squat / lunge back / lift leg / swing to side loaded lunge back home

Combo #2 B (Gliding)

Alternate unloaded side to side lunge / turn to runners / Mt climbers / rock back to heel / Stay low and swing leg

Combo #3 (Body Weight)

Down Dog to up dog to plank / Plank and one knee tuck in and twist to RL elbows / Extend leg to down dog with elbow touching floor / cross leg under to PU / twist to supine back extend

Combo #3 (Gliding)

Down Dog to up dog to plank / repeat x4 / Plank and both knees tuck in and twist to RL elbows / Extend leg to down dog with elbow touching floor / cross leg under to PU / twist to supine back extend

Combo #4 (Body Weight)

Hand Plank / Hip dip / Lunge and pass through / holding foot – tricep dip x4 / Go home

Combo #4 (Gliding)

Hand Plank / Hip dip / lunge and pass through alternate x4 / extend hip in supine

Combo #5 (Body Weight)

Seated V to hip lift bridge / in bridge punch / add opposite foot lift / supine hands and feet extend one arm and back

Combo #5 (Gliding)

Seated V sit to hip lift and extend legs out in ham extend / same with one leg lying hands on discs snow angel

Combo #6 (Body Weight)

Sidelying elbow plank / arm up / hand on floor / top arm up / pu / leg lift / leg up and circle

Combo # 6 (Gliding)

PU and slide plank / top foot slide forward and bottom foot slide into body / sidelying bicycle

Cool Down (Gliding)

Down dog to up dog / plank / childs pose with discs on hands / to thread needle / to seated twist and extend with hips off floor / to straight leg front and extend

Thanks so much for attending
Check out the DVD -Fluid Strength
Or the online or live Fluid Strength training
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