

Pedestal Routine

PRONE
ELBOW STAND
SINGLE LEG RAISE



SUPINE
ELBOW STAND
SINGLE LEG RAISE



PRONE
HAND STAND
SINGLE LEG RAISE



SUPINE
HAND STAND
SINGLE LEG RAISE



LATERAL
ELBOW STAND
SINGLE LEG RAISE



LATERAL
HAND STAND
SINGLE LEG RAISE



PRONE, FLEXED
KNEE, ELBOW
STAND, HIP LIFT



SUPINE, FLEXED
KNEE, ELBOW
STAND, HIP LIFT



CRUNCH
LOW REACH



CRUNCH
LOW REACH
WITH TWIST

