

Back Routine

1. Opposite Arm, Opposite Leg



2. Prone Double Arm Raise



3. Prone Straight Leg Lift



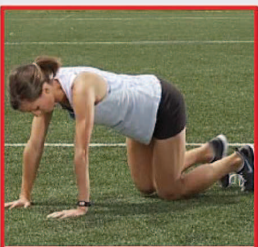
4. Prone Lower Body Crawl



5. Sitting Bicycle



6. Straight Leg Circles on Knee



7. Sitting Push Kicks



8. In-n-Outs



9. Australian Crawl



10. Back Rounders



11. Catback, Swayback

