

@MRCSAJKO



**BOAT POSITION:
20 SECONDS**



**LEG LIFTS:
10 WITH EACH LEG**



**SELF DEFENSE KNEE
BLOCKS:
10 EACH LEG**



LEG LIFT CRUNCHES



**SELF DEFENSE KICK:
10 TIMES EACH LEG**



**PLANK POSITION:
15 SECONDS**



**DOWNWARD "DOG"
15 SECONDS**

**NOT BAD...
BUT CAN YOU CLAW
YOUR WAY THROUGH
THIS WARM-UP 1 MORE
TIME?**

