

<b>WARM-UP</b>	Dance Party						1-2 fave songs
<b>MOBILITY/ACTIVATION</b>	<a href="#">Bretzel Breathing</a>						6 per side
	<a href="#">Dead Bug</a>						10 per side
	<a href="#">Sit Through</a>						5 per side
	<a href="#">IYTs</a>						8 per orientation
	<a href="#">Clamshells</a>						10 per leg
	<a href="#">RKC (super tight) Plank</a>						3 x 10s (10s rest in between)