



## ***20/20 STRENGTH ROUTINE***

1. Rocket Jump
2. Superman
3. Zulu
4. Dead Bug
5. Side Ups
6. Toe Touch
7. Ice Skates
8. Lunges
9. Gilbert Crunches
10. Russian Dance with Knee Ext.
11. V-Ups
12. Push Ups
13. Superman with Twist
14. Low Level Bicycle
15. Squats
16. Mopac/Downtown (side lunges)
17. Plank (one minute)
18. Burundi Climb (mountain climber)
19. Single Leg Squat
20. Glide (walking lateral squat)