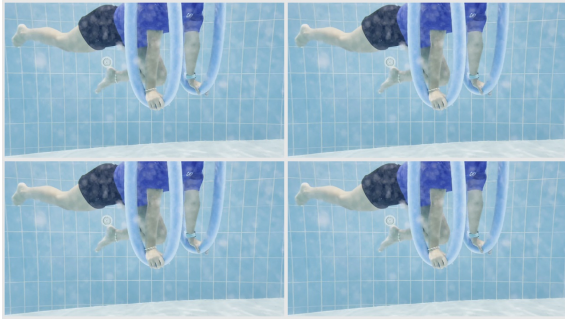


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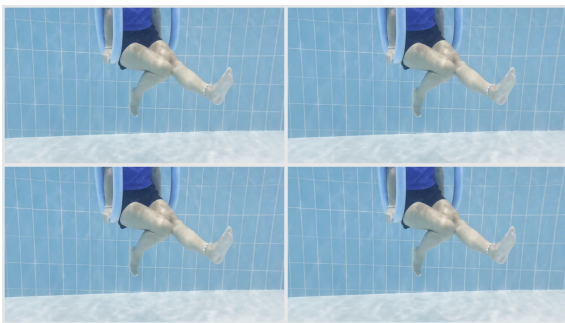
2 Sets / 10 Reps / 30 sec duration



1. Hydrolates: Mountain Climber

Begin with one noodle in each hand. Extend legs behind with a neutral spine. Hold the plank and begin to activate and release pelvic floor muscles. Breath in, bring your right knee toward your right elbow/armpit without rotating the pelvis and exhale return the leg into plank. Repeat with other leg.

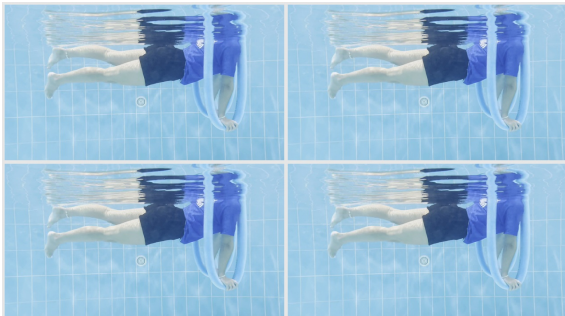
2 Sets / 10 Reps / 30 sec duration



2. Hydrolates: Knee Extension

Begin with one noodle in each hand, in upright position, neutral spine. Bend your knees as though you are sitting in a chair with your feet together. Squeeze your thighs together and slowly straighten one leg, engaging your quad muscle at full extension. Ensure knees stay together. Bend feet back together and repeat.

2 Sets / 10 Reps / 30 sec duration



3. Hydrolates: Hamstring Curl

Hold a noodle in each hand, with your arms straight down by your sides. Pull your shoulder blades down towards your hips. Slowly kick your legs backwards so they are floating near the surface. Keep your legs straight and close together. While holding this position, bend one knee, pulling your heels towards your bottom then slowly return to the starting position and repeat with other leg. Ensure you keep your elbows straight and your hands are towards the ground inline with your shoulders.