LEVEL 2: 9-WORKOUT TRAINING PLAN

**WORKOUT #1**
3 SETS — 10 REPS each exercise
- Single Leg Bridge (each side)
- Reach Backs (each side)
- Pelvic Tilts
- T, Y, L and W (for each letter)

**WORKOUT #2**
3 SETS — 10 REPS each exercise
- Hip Airplane (each side)
- Single Leg Chair Squats (each side)
- Side Crawls (each direction)
- Single Leg Shoulder Turns (each side)

**WORKOUT #3**
3 SETS — 10 REPS each exercise
- Overhead Split Squat (each side)
- Split Stance Incline Press (each side)
- Split Stance Lat Pull Down (each side)
- Banded Birddog (each side)

EQUIPMENT NEEDED:
- Set of exercise bands
- Exercise mat (recommended)

EQUIPMENT NEEDED:
- Pair of dumbbells (between 5-20 pounds)
- Bench
- Exercise mat (recommended)