

# ROCK CITY FITNESS

## *PREP/CORRECTIVE EXERCISES*



TOTAL BODY COMBO (EXERCISE)



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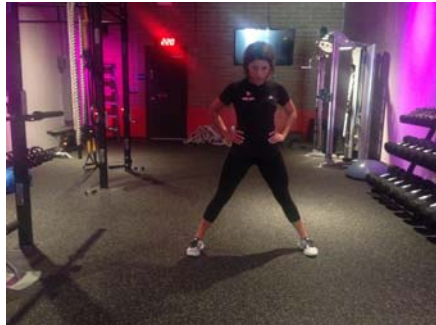
TOTAL BODY COMBO (EXERCISE) FINISH



SPLIT SQUAT (EXERCISE) START



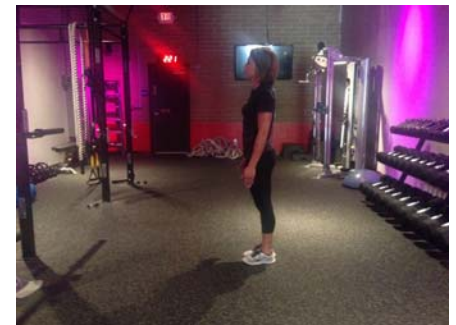
SPLIT SQUAT (EXERCISE) FINISH



LATERAL LUNGE (EXERCISE) START



LATERAL LUNGE (EXERCISE) FINISH



SINGLE LEG REACH (EXERCISE) START



SINGLE LEG REACH (EXERCISE) FINISH

### ***GUIDELINES:***

PERFORM PRIOR TO WORKOUT AND/OR ON OFF DAYS.

STRETCHES: HOLD 20-30 SECONDS

EXERCISES: 1 SET x 10-15 REPS



**ROCK CITY**  
FITNESS