



EXERCISE	DURATION	DESCRIPTION
<p>Corkscrew</p> 	<p>20 reps, jog 1 min.</p>	<p>Place both hands on the stroller. Step forward to perform a walking lunge with your right leg. As you extend both legs, abduct your left leg to the side about 45 degrees. Then adduct your left leg and place 2-3 feet in front of your right leg. Keep a neutral spine.</p>
<p>Switch lunges</p> 	<p>20 reps</p>	<p>Stand in front of your stroller. As you jump extend one leg in front of body and one leg behind body. Slightly flex hips and flex knees to a 90 degree angle. Keep your weight in the center and extend knees and hips. Jump up and switch legs. Keep a neutral spine.</p>
<p>Walk/jog</p>	<p>2 min.</p>	