

# 5 TECHNIQUE SCULPT

Define the waistline through enhanced spinal mobility, twisting power, and Spine Stretch lengthens the Teaser for total core control.

10  Cork Screw

19  Spine Twist

## 9 Full Body



### CONTROLLED MOTION CHALLENGE

Precision meets power. Roll Over builds control, Jack Knife elevates strength, Teaser integrates Control Balance for total

3  Roll Over

20  Jack Knife

10  Teaser

Spine Stretch  
Teaser

## 2 Flexibility

### DYNAMIC EXTENSION

Lengthen and strengthen through Roll Over decompresses the strengthens abdominals, and Swan Control Balance adds grace, finishing fluid flexibility.

3  Roll Over

20  Jack Knife

12  Swan

5  Control Balance

# 10 Minute Workouts Card Deck

**Judd E. Hollander**



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