

Level 4 T-Spine Workout

| Exercise | Reps | Cues |
|---|----------------|---|
| Dynamic Warm Up: See Next level "Dynamic Warm Up for the Gym" Video | | |
| High Knees/Kick the Butt | 2 lengths each | |
| Lateral Shuffle | 4 lengths | |
| Cariocas | 2 lengths | Rotate your hips while moving laterally |
| Lizard Crawl | 1 length | Reach same side arm to the sky/Lock dwn lowerbody |
| Flexion Extention | 4/side | Reach back as far as you can and toe touch |
| Side Bends | 4/side | Reach up and bend side to side using core |
| Multi Seg Rotation | 4/side | Rotate as far as you can without losing height |
| T-Spine Level 4 Circuit: 3 Sets | | |
| Push Up Shoulder Taps | 20 | Resist rotation and hold for a count of 3 each rep |
| Rotational Full Step Up | 3/Side | Hold and show control in each position |
| High to Low Pull to Push | 5/side | Be an athlete, make it as smooth as possible |
| Low to High Pull | 5/side | Get low, explode and open up as wide as possible |
| Rotational Push | 5/side | Push with resisted hand while pulling with free hand |
| Rotational Pull | 5/side | Pull with resisted hand and push with your free hand |
| Rotational Squat to Press | 5/side | Squat and drive the weight up with the legs while turning and posting on lead leg |