

## **Moby – Flower (Bring Sally Up)**

### **Core Conditioning Routine**

- 0:00 – 0:06 Lay on Floor Arms overhead wait for first “Bring Sally Up”
- 0:06 – 0:48 7 x Tuck V-Sits (arms by ears)
- 0:48 – 0:54 Rest
- 0:54 – 1:24 5 x Tuck V-Sits (arms low)
- 1:24 – 1:30 Roll over to R to lie on front, arms stretched
- 1:30 – 2:00 5 x Arm and Leg Lifts (1 slow and 2 fast)
- 2:00 – 2:05 Rest by pushing up, stretching abs, head back,
- 2:06 – 2:17 Fold back into cat stretch, move back onto front, arms under shoulders
- (2 x “Bring Sally up”)
- 2:18 – 2:45 5 x Push Ups and then roll onto back (arms by your side)
- 2:47 – 3:16 5 x Leg Lifts up to 90\* and down to just above floor, then 4 x leg crossovers R,L,R,L
- 3:17 – 3:22 Rest