

# LEARNING LABS-December

## Better than nothing workout

Want a LIVE version of this workout? Sign up for Learning Labs LIVE on Dec. 13. See newsletter for details.



Push up with side leg extension



Lunge with rotation



Squat with rear delt squeeze



Single leg dead lift

Breathe consistently and fully. Keep spine neutral in leg raises and planks.

Start in a push-up plank position with your hands slightly wider than your shoulders, bend at the elbows and step one leg out so your foot is slightly wider than shoulder width. Keep hips down & back neutral. Alternate feet.

Stand tall with your feet hip-width apart, Step forward with one foot and bend both knees. Both knees around 90° Rotate your spine and upper body towards your front knee.

Stand with feet hip distance apart, palms together chest height. As you sit back into a squat, open your arms, squeezing your shoulder blades together. As you rise, bring your hands back together in front of your chest. Keep core engaged.

Stand with your feet hip distance, Lift your back leg, flex your ankle, and tip from the hip. Keep effort in lifted leg, engage core, and keep squared hips and shoulders, pause for a second to work balance. Use a power breath to return to standing position by pressing into standing leg.