



**Exercise Program:
PiYo – Flow Series Part 1 –Week 2**

Exercise	Equip/Cues	Weight	Sets	Reps
Double leg downward dog				
High plank	*hands and toes *shoulders are over wrists			
Single leg downward dog	*bring right leg up into the air *push chest back towards the thighs trying to keep hips square not opening up to the sides			
High plank				
Piyo flip	*bring right heel (bottom of foot) to the ceiling *let body flip over to the left landing right foot on the ground to support you...you are now in a side plank position with arm in the air			
	Return to high plank position Start from the top and repeat 4-6 times on one side before switching sides			

