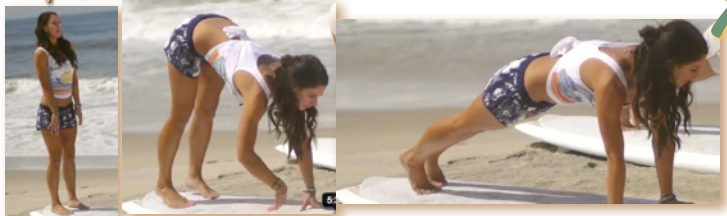


COWABUNGA!

Far Out

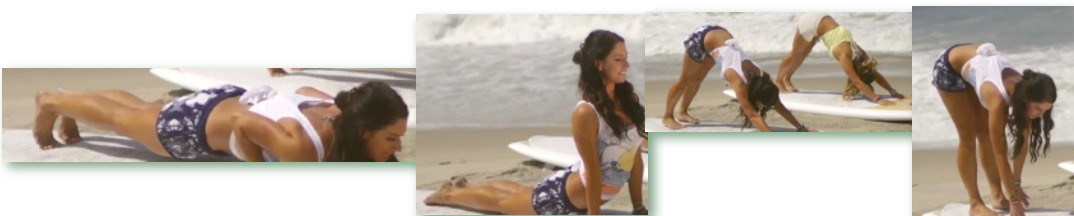
x10



Begin the move with the 'Walk Out' by bending forward, and walking out into a plank position on your hands



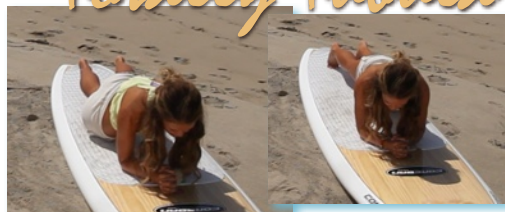
The second part of the move is the TIU Tummy Tuck! Hold those abs in tight



Finish with a Tricep Pushup into upward facing dog, pushing down into downward facing dog.. and walking back up!

Totally Tubular

x30

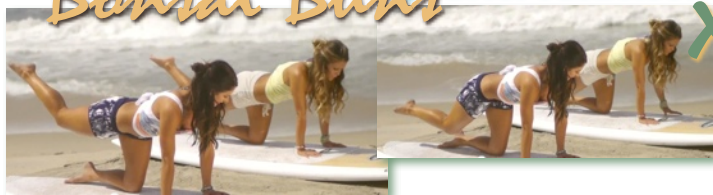


In a plank position, rotate your hips to either side, touching your side to the ground

Bonsai Burns

Repeat for each side!

x10



On your hands & knees, kick back one leg and pulse for 10 reps



x10

In the same position, kick one leg back, then bring your knee forward and step into a lunge. Step up and bring your opposite knee to your chest. Return to the ground and repeat

Surf UP

x20



laying on your front, POP up performing a tricep pushup, standing up onto your board and squat up! Slowly lower yourself back down and repeat for the other side