

BONUS FEATURES
MYRTL ROUTINE

BUILDING A BETTER RUNNER:
BUILDING FROM THE GROUND UP

CLAMS

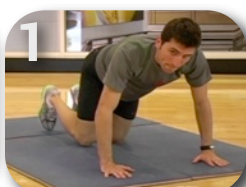
LATERAL LEG RAISE

DONKEY KICKS

DONKEY WHIPS

FIRE HYDRANT

KNEE CIRCLES FORWARD



BONUS FEATURES
MYRTL ROUTINE

BUILDING A BETTER RUNNER:
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**KNEE CIRCLES
BACKWARD**

**HURDLE
TRAIL LEG
FORWARD**

**HURDLE
TRAIL LEG
BACKWARD**

**LATERAL LEG
SWING**

**LINEAR LEG
SWING**

**LINEAR LEG
SWING
BENT KNEE**

