

Jay johnson sam pdf

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Circles Forward xKne. Donkey Whips xSA. Donkey Whips xSA. Circles Backward x Lateral Leg Raise xEach Exercise toe in, toe natural, toe. PhaseEasy DaFire Hydrants x Kn Skipping side to side w/arms xm xSkip skip lunge xm xPogo hops xw/m run out xSpeed skater xw/m run out xSquat jumps xlanding shallow w/m run out. Leg Here are the first two phases of the Jay Johnson with Dr. Richard Hansen Strength And Mobility (SAM) routines. Frog hops x Bounding xxWalking straight leg sweeps xx 2 SAM PhaseHard DayReverse Clams xReverse Air Calms xLateral Leg Raise xEach Exercise toe in, toe natural, toe out SAM Day(Easy) Jay. J. (min routine) Normal PlankSeconds Side Plank Left/RightSeconds each side Normal PlankSeconds Hip BridgexClamsx5 each side Reverse Clamsxeach side Reverse Air Clamsxeach side xFire Hydrants xKn. There are levels available, but the other three (3,4,5) are a Missing: pdf erse Air Calms x Lateral Leg Raise xEach Exercise toe in, toe natural, toe. Kicks. Lunge matrix for runners. PhaseEasy DaFire Hydrants x Kn Skipping side to side w/arms xm xSkip skip lunge xm xPogo hops xw/m run out xSpeed skater xw/m run out xSquat jumps xlanding shallow w/Missing: jay johnsonLunge matrix for runners. Forwardeach leg Lung with a twisteach leg Lateral lungeeach leg Back and to side lungeeach leg Backwards lungeeach side. xDonkey Whip. Side squat jumps x 5/side w/m run out. Leg swings (component of tradition MYRTLs routine) before each run Forward backwardeach leg Side to sideeach leg Hurdle trail leg forward and backwardeach leg Lateral Leg Raise xEach Exercise toe in, toe natural, toe. Forwardeach leg Lung with a twisteach leg Lateral lungeeach leg Back and to side lungeeach leg Backwards lungeeach side. Kicks.

 Difficulté Facile

 Durée 783 jour(s)

 Catégories Art, Mobilier, Bien-être & Santé, Machines & Outils, Musique & Sons

 Coût 347 USD (\$)

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