

LARGE DECK SERIES

WARM UP & STRENGTH - LEVEL 1



Warm Up = Pillar Preparation & Movement Preparation

Pillar Preparation

Your Pillar – which consists of your hips, torso, and shoulders – represents the foundation for all your movement. “Pillar Prep” primes these critical muscles to prepare your body for the work ahead – helping to protect you from injury and boost your performance during your training session.

Stage:	A	B	C	D
No. of Circuits:	1	1	1	1
Reps:	6	6	8	10

● Short ● Medium ● Long

1

PILLAR BRIDGE (*30 SEC HOLD)

- Push up tall on your elbows & tuck chin so head is in line with body
- Maintain a straight line from ears to ankle
- Feet shoulder width apart
- Hold for 30 seconds



3

Y'S - DECK

- Lie on the deck face down, place towel under head for comfort
- Glide shoulder blades back & down & raise your arms over your head to form a Y
- Initiate movement with shoulder blades, not arms & keep thumbs up throughout
- Return to start position & repeat for reps



2

GLUTE BRIDGE (*30 SEC HOLD)

- Lift hips to create a line through knees, hips & shoulders
- Keep back flat & torso engaged throughout the movement
- Keep toes pulled up to your shins
- Hold for 30 seconds



4

90/90 STRETCH

- Place a rolled towel between your knees
- Keep arms straight at a 90° angle to your torso
- Keep hips still while rotating chest & arm back
- Exhale & hold for 2 sec, return to starting position & repeat
- Complete reps, repeat on opposite side

