



Sal Russ is a Modern Pilates and Northern Fitness course tutor and assessor. Sal is a Modern Pilates teacher and personal trainer in fitness, postural correction muscle balance and rehabilitation.

The Wobbly Workout With Sal Russ

STANDING POSTURE	SEATED	ALL FOURS
FOOTPEDAL & ARM FLOATS ON BOARD	SPINE TWIST	KNEE PULL
HIP HINGE	V BALANCE	TRICEP PRESS-UP
MONKEY SQUATS		SHELL STRETCH
MONKEY SQUAT ON BOARD		HIP FLEXOR STRETCH
MONKEY SQUAT & HEEL LIFT		
ONE LEG MONKEY SQUAT ON BOARD	SUPINE	
KNEE LIFTS ON BOARD (FEET TOGETHER)	HIP ROLL	
PENDULUM	KNEE LIFT	
LUNGE ON BOARD	AB PREP	
LUNGE & KNEE LIFT	COMBINE AB PREP & KNEE LIFT	
SAND CIRCLE ON BOARD	HAMSTRING STRETCH	
CLOCK SQUATS ON BOARD	SHOULDER BRIDGE	

Thank you for attending Sal is available for workshops and wobble board training through cherry@cherrybaker.com Handouts from IFS Modern Pilates can be downloaded from www.cherrybaker.com