

Take action video files 2/28/11

Name	Length	Difficulty	Beginner	Med / ball	Hard	Med / hard supine	Ball / plank	Med / hard / lateral	Introduction
Introduction - long	2:44								1
Intro short	1:05		1	1	1	1	1	1	
Quad arm lift	1:38	Easy	2	2					
Quad leg lift	1:37	Medium		3				2	
Quad arm and leg lift	2:01	Hard			2			3	
Supine heel slide	1:55	Easy	3	4		2			2
Supine leg lift	1:48	Medium		5		3			
Supine up up down down	1:08 *	Hard			3	4			
Supine heel slide with leg lift	1:33	Hard			4	5			
Supine isometric bilateral	2:18	Medium	4			6			
Supine isometric unilateral	1:55	Medium	5			7		4	
Supine bent knee fall out	2:31	Easy	6					5	3
Supine bent knee fall out off floor	2:08	Hard			5	8		6	
Stretch prone press up	1:02								4
Stretch quad sit back with lateral flexion	1:02								5
Pelvic floor muscle contractions	2:25								6
Front plank	2:47	Medium		6	6		2		
Side plank	? 2:40 *	Medium			7		3	7	
Ball bridge	1:44	Medium		7			4		
Ball walk out	1:35	Medium		8			5		
Ball knee bends	0:33	Hard					6		
Ball sitting isometrics	2:32	Easy	7				7		
Dowel isometrics	3:11	Medium							
Ending	0:50								7
Total time	43 min		13.8 min	14 min	13 min	13.8min	12.9 min	14 min	13.2 min