



#1 IGNITION INTO TOUCHDOWN



#2 DIAMOND CUTTER



#3 BAR BACK (BENT LEG & STRAIGHT LEG)



#4 CATCHER INTO

THUNDERBOLT



#5 COBRA INTO

DOWNDOG



#6 SLOW BURN PUSH-UPS



#7 TABLE INTO

CAT STRETCH INTO

BROKEN TABLE



#8 SUPPORTED LUNGE INTO SPACE SHUTTLE



#9 ROAD WARRIOR 1 & 2



#10 DYNAMIC RESISTANCE CABLES

DYNAMIC RESISTANCE CURLS



#11 DYNAMIC RESISTANCE ROWS



#12 PUNCHES



#13 SAFETY ZONE

**"IT AIN'T YOUR MAMA'S YOGA"**



**THE DIAMOND DOZEN - DIAMOND DALLAS PAGE**