



## Stability Matrix 2



**Hold Push-up  
15 Seconds**



**Raise Right Leg - 15 Seconds**



**Descend to Plank - 15 Seconds**



**Switch Legs- 15 Seconds**



**Roll to Side  
15 Seconds**



**Return to Push-up  
15 Seconds**



**Descend to Plank  
15 Seconds**



**Return to Push-up  
15 Seconds**