



5

ARMY CRAWL

Start in a forearm plank, feet hip-width apart, elbows shoulder-width apart and directly under shoulders, feet on gliders. Lift hips slightly, and tuck tailbone. Keeping legs straight, begin to crawl forward on forearms. Reverse the action back to the starting point. Repeat for one minute.



A



B

7

SIDE PLANK WITH ROTATION

(A) Start in a side-plank position, with right forearm on the ground, legs straight, feet stacked or staggered, and left arm reaching toward the ceiling. (B) Reach left arm forward and underneath torso, slightly lifting and rotating the pelvis. Repeat for one minute; then switch sides.



A



B

6

TWISTING HIGH-PLANK CRUNCH

(A) Start in a high-plank position, with feet on gliders. (B) Rotate hips down to the right, and bend knees to pull them toward the left elbow, slightly rounding spine. Slowly straighten the legs to return to a high-plank position. Repeat on the other side. Continue alternating sides for three minutes.



A



B

8

TWISTED PLANK EXTENSION

(A) Start on forearms with knees stacked on one glider behind hips. (B) Keeping hips slightly elevated and stationary, rock shoulders behind elbows, knees gliding along on the glider. Rock forward to bring shoulders back over elbows. Repeat for two minutes; then switch sides.

5

QUESTIONS FOR RAVEN

1

WHAT'S IN YOUR GYM BAG?

My water bottle is the most important thing, because I'm the type of person that can get caught up [in the moment] and not drink enough water throughout the day. I always double-check that my water bottle is with me and that it's full when I go from place to place.

2

WHAT DO YOU EAT FOR BREAKFAST?

I like to chop up some bananas and cook them in a pan until they get super sweet and almost caramelized. Then I put them on top of oatmeal. It keeps me full and satisfies my aggressive sweet tooth.

3

WHAT INSPIRES/MOTIVATES YOU?

I'm a dancer by trade, so I've had every injury that anyone could possibly ever have. I like the way that my body feels when I'm operating at my highest and fullest capacity, when everything is working the way it's supposed to.

4

HOW DO YOU ENCOURAGE CLIENTS WHO ARE STRUGGLING?

I always tell people, "Nobody forced you to come to this workout. You made the conscious choice to do this today, so treat every single rep as an opportunity instead of something you have to do." Tell yourself you get to do this; you have the *pleasure* of doing this extra rep. As cheesy as it sounds, it does actually help.

5

WHAT'S YOUR MANTRA?

"Good vibes only." I feel like the world—especially these days—is just so full of toxic energy that you gotta lead with positivity; otherwise, you get nowhere. Be kind to yourself.