

Metadata: <https://www.youtube.com/watch?v=Ha3fLlwpADE>

Okay, we're going to do the base switch and you can do it from your tables. You can do it when you're in that quad position and I'm just going to turn over, you know, from facing up or facing down and go to the opposite way. Okay. So I'm here in my quad position. Okay. I'm going to turn. Okay. And I'm going to go here. Okay. You can kind of even open up everything with a nice table and go back. Okay. And I'm going to go the other way. Just turning everything upside down. You can engage here or not, but it really helps to kind of just moving, you know, from facing up to facing down. So I'm going to just do that. Pivot. Squeeze the glutes or not, you know, and I pivot from facing up to facing down for our base switch.