STRETCH & STRENGTH

FORMAT 1

FORMAT 1

FORMAT 1	FORMAT 1
Warm Up	Warm Up
no impact jog	no impact jog
heel taps	heel taps
front toe touches	front toe touches
side toe touches	side toe touches
sidesteps	sidesteps
kicks	kicks
neck turns	neck turns
chin to chest	chin to chest
hug	hug
backstroke right	backstroke right
backstroke left	backstroke left
chest pull	
	chest pull
overhead pull	overhead pull
cross body punches	cross body punches
cross body blocks	cross body blocks
Lower Body	Lower Body
alternating leg lifts	ball knee drivers
right knee drivers	ball straight leg lifts
left knee drivers	alt hip abductors
right kick	sit to stand
left kick	lateral ball walk
hip abductions	heel lifts
Upper Body	Upper Body
row	row
back fly	biceps curl
shoulder raises	chest pull
hammer curls	right lateral triceps
	left lateral triceps
right triceps	wall walk
right shoulder press	
left triceps	wall one arm rotations
left shoulder press	diagonal ball squeeze
Balance	Balance
upward salute	upward salute
right legged mountain	right legged mountain
left legged mountain	left legged mountain
chair pose	chair pose
right crescent lunge	right crescent lunge
right warrior 1	right warrior 1
right warrior 2	right warrior 2
right reverse warrior	right reverse warrior
left crescent lunge	left crescent lunge
left warrior 1	left warrior 1
left warrior 2	left warrior 2
left reverse warrior	left reverse warrior
left warrior 2	left warrior 2
left reverse warrior	left reverse warrior
right triangle	right triangle
left triangle	left triangle
right tree pose	right tree pose
left tree pose	left tree pose
mountain	mountain
Cool Down	Cool Down
forward reach	forward reach
roll up	roll up
shoulder rolls	shoulder rolls
right hip stretch on chair	right hip stretch on chair
left hip stretch on chair	left hip stretch on chair
right triceps stretch	right triceps stretch
left triceps stretch	left triceps stretch
right shoulder	right shoulder
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left shoulder	left shoulder
left triceps stretch	left triceps stretch
low back stretch	low back stretch
upper back stretch	upper back stretch
side stretch	side stretch
torso twist	torso twist
wide forward bend	wide forward bend
right reach	right reach
left reach	left reach
roll up	roll up
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