

STRETCH & STRENGTH

FORMAT 1

Warm Up

no impact jog
heel taps
front toe touches
side toe touches
sidesteps
kicks
neck turns
chin to chest
hug
backstroke right
backstroke left
chest pull
overhead pull

cross body punches
cross body blocks

Lower Body

alternating leg lifts
right knee drivers
left knee drivers
right kick
left kick
hip abductions

Upper Body

row
back fly
shoulder raises
hammer curls
right triceps
right shoulder press
left triceps
left shoulder press

Balance

upward salute
right legged mountain
left legged mountain
chair pose
right crescent lunge
right warrior 1
right warrior 2
right reverse warrior
left crescent lunge
left warrior 1
left warrior 2
left reverse warrior
left warrior 2
left reverse warrior
right triangle
left triangle
right tree pose
left tree pose
mountain

Cool Down

forward reach
roll up
shoulder rolls
right hip stretch on chair
left hip stretch on chair
right triceps stretch
left triceps stretch
right shoulder
left shoulder
left triceps stretch
low back stretch
upper back stretch
side stretch
torso twist
wide forward bend
right reach
left reach
roll up

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Warm Up

no impact jog
heel taps
front toe touches
side toe touches
sidesteps
kicks
neck turns
chin to chest
hug
backstroke right
backstroke left
chest pull
overhead pull

cross body punches
cross body blocks

Lower Body

ball knee drivers
ball straight leg lifts
alt hip abductors
sit to stand
lateral ball walk
heel lifts

Upper Body

row
biceps curl
chest pull
right lateral triceps
left lateral triceps
wall walk
wall one arm rotations
diagonal ball squeeze

Balance

upward salute
right legged mountain
left legged mountain
chair pose
right crescent lunge
right warrior 1
right warrior 2
right reverse warrior
left crescent lunge
left warrior 1
left warrior 2
left reverse warrior
left warrior 2
left reverse warrior
right triangle
left triangle
right tree pose
left tree pose
mountain

Cool Down

forward reach
roll up
shoulder rolls
right hip stretch on chair
left hip stretch on chair
right triceps stretch
left triceps stretch
right shoulder
left shoulder
left triceps stretch
low back stretch
upper back stretch
side stretch
torso twist
wide forward bend
right reach
left reach
roll up