

FUNCTIONAL FITNESS

FORMAT 1	FORMAT 2
Warm Up	Warm Up
front toe touches	heel taps
side toe touches	side toe touches
sidesteps	sidesteps
kicks	march
slow march	wide march
kickbacks	kickbacks
hug	chest pull
alt. overhead reach	alt. overhead reach
neck turns	neck turn
chin to chest	chin to chest
backward shoulder roll	shoulder rolls
forward shoulder roll	arm circles
backward arm circles	Cardio
forward arm circles	grapevine
torso twists	side squat steps
Cardio & Balance	no impact jog
grapevine	high kicks
heel to toe walk	knee drivers
no impact jog	crossover steps
rocking leg lifts	tire steps
knee drivers	Lower Body
frankenstein walk	sit to stand
wide march	right straight leg lifts
high knees	left straight leg lifts
Lower Body	heel lifts
sit to stand	hip hinge
right straight leg lifts	squat walk
left straight leg lifts	backward lunge
heel lifts	Upper Body
deadlifts	upward row
squat	wall push up
lunge	right overhead triceps
Upper Body	left overhead triceps
back fly	biceps curl
chest pull	diagonal shoulder raise
right lateral triceps	Balance
left lateral triceps	upward salute
biceps curl	right legged mountain
lateral shoulder raise	left legged mountain
Cool Down	right tree pose
arms overhead	left tree pose
back bend	right triangle
forward bend	left triangle
roll up	right warrior 1
right quad stretch	right warrior 2
left quad stretch	right reverse warrior
right hip stretch on chair	left warrior 1
right hamstring stretch	left warrior 2
left hip stretch on chair	left reverse warrior
left hamstring stretch	chair pose
right triceps stretch	mountain
left triceps stretch	Cool Down
right shoulder stretch	swan dive
left shoulder stretch	roll up
low back stretch	right hamstring stretch
upper back stretch	right calf stretch
wide forward bend	left hamstring stretch
right reach	left calf stretch
left reach	right triceps stretch
roll up	left triceps stretch
	right shoulder stretch
	left shoulder stretch
	back stretch
	forward bend
	reach right and left
	roll up