

STRONG & FIT

FORMAT 1

UPPER

Warm Up

front toe touches w/ arm pumps
side toe touches w/ overhead reach
sidesteps w/ hug
low kicks w/ front punches
high knees w/ overhead pull
kickbacks w/ chest pull
torso twists w/ knee lift
neck turns
chin to chest
shoulder rolls
backward arm circles
forward arm circles

Cardio

no impact jog
knee drivers
walk outs w/ shoulder taps
grapevine

no impact burpees
front and crossbody punches
front and crossbody blocks

Strength

upward row
hammer curl
right lateral triceps extension
left lateral lateral triceps extension
overhead shoulder press
back fly
front shoulder raises
biceps curl
right overhead triceps extension
left overhead triceps extension
lateral shoulder raises
chest pull
push up on knees
plank walk
elbow drops
dips
Cool Down
arms overhead
right quad stretch
left quad stretch
right hamstring
left hamstring
right forearm
left forearm
right triceps stretch
left triceps stretch
right shoulder stretch
left shoulder stretch
low back stretch
upper back stretch
wide forward bend
right reach
left reach
roll up

LOWER

Warm Up

front toe touches w/ arm pumps
side toe touches w/ overhead reach
sidesteps w/ hug
low kicks w/ front punches
neck turns
chin to chest
shoulder rolls
backward arm circles
forward arm circles

Cardio

no impact jog
knee drivers
squat walk
grapevine
torso twists w/ knee lift
tire steps
high knees w/ overhead pull
lateral squat walk
kickbacks w/ chest pull

Strength

wall sit
curtsy lunges
heel lifts
sumo squat
right lateral lunge
left lateral lunge
bridge
right outer leg lift
left inner leg lift
left outer leg lift
right inner leg lift
right kickback
left kickback
right donkey kick
left donkey kick
Cool Down
seated forward reach
seated bent right leg reach
seated bent left leg reach
right twist
left twist
supine right glute stretch
supine left glute stretch
supine right back rotation
supine left back rotation
lower back stretch
upper back stretch
right triceps stretch
left triceps stretch
right shoulder stretch
left shoulder stretch
cross-legged sit

CORE

Warm Up

front toe touches w/ arm pumps
side toe touches w/ overhead reach
sidesteps w/ hug
low kicks w/ front punches
high knees w/ overhead pull
kickbacks w/ chest pull
torso twists w/ knee lift
neck turns
chin to chest
shoulder rolls
backward arm circles
forward arm circles

Balance

mountain
right legged mountain
left legged mountain
chair pose
right tree pose
left tree pose
downward dog
leg lift
right lunge twist
right tall lunge
right warrior I
right warrior II
right reverse warrior
mountain
downward dog
leg lift

right lunge twist
right tall lunge
right warrior I
right warrior II
right reverse warrior

mountain
right triangle
left triangle
mountain

Strength

in and outs
seated bicycle
russian twist
sit backs
supine knee drivers
deadbug
supine leg lifts
supine flutter kicks
mountain climbers
fire hydrants
bird dog
plank
superman
prone flutter kicks
right oblique lift
left oblique lift
Cool Down
cobra
child's pose
cat cow
open forward reach
open right side reach
open left side reach
seated right twist
seated left twist
closed forward reach
roll back
right knee to chest
left knee to chest
supine right glute stretch
supine left glute stretch
supine right rotation
supine left rotation
open supine