

MONDAY

10 minute dynamic warm up

- Reverse lunges with upper body twist: Feet shoulder width apart, step right foot back. While stepping back to lunge, twist and reach to the opposite side. Lunges 50 sec/ rest for 10sec, repeat other side.
- Downward dog flow: Press into downward dog, move to a high plank, slowly lower and push up to cobra. Push back up to downward dog and repeat the process 4 times holding each position 5 seconds.
- Fire hydrant circles: On all fours, lift right knee, extend leg out to side, circle leg to back and then return to start. Keep core engaged throughout. Circles for 50 secs /rest for 10 sec, repeat other side.
- Straight leg cross over: Laying flat on back, bring straightened right leg up 90 degrees and shift right leg over towards the left. Hold for 3 secs and return to neutral. Continue for 50 sec/ rest for 10sec, repeat other side.
- Twisting lunge: Start in high plank right lunge. Reach right arm up, thread right arm through to left and return back to top reach. Continue for 50sec / rest 10, repeat other side.
- Hamstring Stretch: Feet together, upper body bent over. Hold 10 sec. Bend knees and straighten. Repeat.
- Roll Up: Take 8 counts to slowly roll up the back to standing position.

TUESDAY

back of leg flexibility

- Standing Parallel First, hamstring stretch forward. Hold 30 seconds X2, wrap arms behind legs deeper stretch
- Standing Parallel Second, hamstring stretch forward. Hold 30 seconds X2
- Standing cross right foot in front of left Stretch forward. Hold 30 seconds X2, Repeat R & L
- Parallel pike sitting on the floor. Hold 30 seconds X2
- Hurdler Hamstring (one leg straight, one leg bent). Hold 30 seconds X2, repeat R & L
- On back one leg straight on floor grab other leg straight pull towards face. Hold 30 seconds, repeat R & L
- On back R battement X16, On back L battement X16

WEDNESDAY

front of leg flexibility

- Standing quad stretch: Stand on one leg, pull other foot behind. Hold 30 Seconds X2, repeat R & L
- Prone quad stretch: Lay on stomach pull one-foot in. Hold 30 seconds X2, repeat R & L
- Low Lunge: Back knee down and pushing hips forward. Hold 30 seconds X2, repeat R & L
- Low Lunge and Grab: Pull back foot up. Hold 30 Seconds X2, repeat R & L
- Low Crescent Lunge: In lunge reach arms straight up and slightly arch back. Hold 15 seconds X2, repeat R & L
- Pigeon Pose Stretch: Seated bend front leg in, back leg straight behind. Hold 30 seconds X2, repeat R & L

THURSDAY

arm strength & flexibility

- Begin with the standard arm across body and arm behind head stretches
- Head circles, head and shoulder circles, release full body for circle X2 clockwise and counterclockwise
- Hold stretch band between both hands in buckets position, circle arms back X20, reverse forward X20
- Extend one arm, grab fingers and pull towards body stretching wrist. Hold for 20 seconds, repeat with fingers pressed towards floor
- 20 traditional push ups
- 20 pushups hands in triangle position
- 20 tricep dips
- 20 bicep curl and squat
- Wall Press: Standing, press into a pushup position against the wall and release

FRIDAY

back flexibility

- Cobra: Lie on stomach, push upper half of body up and press shoulders down. Hold 15 seconds, repeat X3
- King Cobra: Try to touch feet to your head, pushing shoulders down. Hold 15 seconds, repeat X3
- Back Ups: Laying on your stomach flat, keeping head in line with body and arms in 5th position, raise upper body. You may need to tuck feet under the couch or have someone hold feet. Be sure to keep core tight and point your feet. 20 reps, repeat X3
- Camel Pose: Kneel upright and place hand on the small of back pushing hips forward, leaning back. For a deeper stretch, reach arms back to your ankles. Hold 12 seconds, repeat X3
- Glute Bridges: Glutes help support lower back muscles. 15 reps, repeat X3
- Full Back Bend: The closer the arms and feet are together, the deeper the stretch. Hold 12 seconds, repeat X3
- Childs Pose: End with Child's Pose to stretch out your back. Hold for 30 seconds