

DAILY CIRCUITS

Each day, do the flexibility and warm-up then pick one exercise section to do for that day. You may do more than one a day but by the end of each week you should have completed all sections.

Warm-Up								
High Knees in place	60 sec							
Butt Kickers in place	60 sec							
1/1 Leg Hops with Full Toe Point (R and L)	30 sec/leg							
Jumping Jacks	60 sec							
Walking Hammie Stretch	10/leg							
Walking Quad Stretch	10/leg							
Walking Glute (external rotation) Stretch	10/leg							
Walking FWD Lunge Stretch	10/leg							
Walking Side Lunge Stretch	10/leg							
Inchworms	10 total							
Exercises - Each 4 Times Thru								
Upper								
1a. Kneeling 1/1 arm rows	25/arm							
1b. Push-ups	2 sets of 16							
1c. Glute bridge fly (off a couch)	25							
2a. "I" "Y" "T" "W" with a soup can	25/Letter							
2b. Bicep curl 1/4 's (full, top, bottom, full)	10/position							
2c. Dips off a stair/chair	2 sets of 15							
Lower								
1a. Squats	25							
1b. Back, Side, Front lunge	16/side							
1c. Side steps	16/side							
2a. Skater Squats	20/leg							
2b. Towel Hamstring Slides	25 total or 15/leg							
2c. 1/1 leg glute bridge	25/side							
Core								
1a. Front Plank holds	45 seconds							
1b. Tuck / V-ups	2 sets of 20							

1c. Bear Crawl Bird Dogs	16/side							
2a. High plank tuck slides (R, Center, L, Center)	15 total rounds (R, C, L, C = 1)							
2b. Reverse sit-ups	2 sets of 15							
2c. Dead bugs with hand to knee pressure	15/side							
Cardio	40 sec.all out 25 sec. rest							
1a. Squat thrusts	-							
1b. High knees	-							
1c. High plank mountain climbers	-							
2a. Lunge switch X 2 -> Squat	-							
2b. 1/1 leg hops with a toe point	-							
2c. High plank jump tuck in, jump to HS	-							

Fun Day

Go for a walk, go for a bike ride, go for a run, the most important thing is to get outside and enjoy the fresh air! :) You can also do lunge walks across your front or back yard, forward and back.