

Energizing flex & flow

WARM-UP (5 MINUTES)

- 10 shoulder shrugs
- 10 shoulder circles each way
- 10 arm circles each way (with leg bends)
- 15 hip rotations with wide stance and arm push across body
- 15 trunk side bend with overhead reach
- 10 hip openers with kick back with each leg
- 15 forward reach to opposite foot (short hold at foot optional)
- 15 ear to shoulder alternating sides

AEROBIC ATTACK (15 MINUTES)

Complete entire circuit twice!

- (30 sec.) march in place
- (30 sec.) side step with arm pull back
- (30 sec.) high knees
- (30 sec.) march in place/water break
- (30 sec.) hamstring curl side to side with arms overhead to lat pulldown
- (30 sec.) jumping jacks
- (30 sec.) march in place/water break
- (30 sec.) jump squats
- (30 sec.) cross torso crunch
- (30 sec.) march in place/water break
- (30 sec.) side shuffle with ground touch
- (30 sec.) squat with arm raise
- (30 sec.) march in place/water break
- (30 sec.) side to side step with lateral leg raise
- (30 sec.) standing superman with one leg kickback to full crunch

RESISTANCE ROUND (15 MINUTES)

Complete 8-12 reps!

- bicep curls
- squats
- cross body reach each way
- lateral arm raise
- forward shoulder flexion
- upright rows
- seated leg press
- hip extension "good morning"
- standing hip abduction
- W to overhead press
- standing core twists
- triceps kickback
- calf raise
- lunge
- hip bridge (bonus)

COOL DOWN (5 MINUTES)

- trunk side bend with overhead reach
- 10 ear to shoulder neck rolls
- 10 neck extension to neck flexion
- cross body shoulder stretch
- overhead triceps stretch
- standing hamstring
- forward trunk bend
- quad stretch with chair