

# Energizing Flex & Flow

(Seated)

## WARM-UP ( 5 MINUTES)

- 10 shoulder shrugs
- 10 shoulder circles each way
- 10 wide arm circles each way
- 15 knee extension followed by knee flexion
- 15 trunk side bend with overhead reach
- 10 trunk extension pec stretch
- 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.) alternating step with arm pull back
- (30 sec.) high knees
- (30 sec.) march in place/water break
- (30 sec.) knee flexion with arms overhead to lat pulldown
- (30 sec.) arm jacks with simultaneous toe taps
- (30 sec.) march in place/water break
- (30 sec.) knee flexion with arm overhead raise
- (30 sec.) torso crunch with leg lift off
- (30 sec.) march in place/water break
- (30 sec.) ground touch to sky high arms
- (30 sec.) arm jacks with alternating high knees
- (30 sec.) march in place/water break
- (30 sec.) alternating leg raise
- (30 sec.) simultaneous leg lift with lat pull down

## RESISTANCE ROUND (15 MINUTES)

### Complete 8-12 reps!

- bicep curls
- pull apart shoulder squeeze
- cross body reach each way
- lateral arm raise
- forward shoulder flexion
- upright rows
- seated leg press
- chest press
- seated abdominal press
- W to overhead press
- seated core twists
- triceps kickback (one arm at a time)
- seated leg lift

## 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
- seated straight leg hamstring stretch
- forward trunk bend reach to feet