### Warm Up

| 1. | Walk in place with the power walkers |
| 2. | Side swing |
| 3. | Windmill |
| 4. | Forward circle curl |
| 5. | Backward circle curl |
| 6. | Walk in place with the power walkers |
| 7. | Side swing |
| 8. | Walk in place with the power walkers |
| 9. | Side swing |
| 10. | Windmill |
| 11. | Forward circle curl |
| 12. | Backward circle curl |
| 13. | Balanced frog kicks |
| 14. | Switch legs and do balance frog kicks |
| 15. | Invisible jump ropes |

### Work Out Routine

#### First Set

**Upper Body Resistance**

1. Alternating curl & press
2. Big forward circles
3. Big backward circles

**Core Exercise**

1. Supine flutter kicks- Arms out the side or over your head. If arms get tired, put them down by your hips.

**Hip Exercise**

1. Scorpions

**Leg Exercise**

1. Alternating forward lunge

**Cardiovascular**

1. Jumping Jacks

#### Second Set

**Upper Body Resistance**

1. Wide stance swing curl
2. Wide stance reach row

**Core Exercise**

1. Scissors kicks

**Hip Exercise**

1. Forward hurdle circles

**Leg Exercise**

1. Alternating lateral lunge

**Cardiovascular**

1. Twist jumps

#### Third Set

**Upper Body Resistance**

1. Alternating Diagonal Press
2. Non alternating diagonal chop and twist- set one cable down

**Core Exercise**

1. Alternating Dying Bugs- Arms a T, and legs a V
   - Legs bents arms bent
   - Legs straight arms straight
   - Prone flutter kicks

**Hip Exercise**

1. Backward hurdle circles

**Leg Exercise**

1. Alternating transverse lunge

**Cardiovascular**

1. Ali shuffle

**Cool Down**

1. Lunge lean and twist
   - Front to back
   - Side to side
   - Twisting
2. Switch sides
   - Front to back
   - Side to side
   - Twisting
3. Feet together
   - Deep breathe
   - Move the arms