

Warm Up

<ol style="list-style-type: none"> 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 	<ol style="list-style-type: none"> 12. Backward circle curl 13. Balanced frog kicks <ul style="list-style-type: none"> - In and out - Out and in 14. Switch legs and do balance frog kicks <ul style="list-style-type: none"> - In and out - Out and in 15. Invisible jump ropes <ul style="list-style-type: none"> - Start with forward circles with your arms - Backward circles with your arms
---	--

Work Out Routine

<p>First Set</p> <p>Upper Body Resistance</p> <ol style="list-style-type: none"> 1. Alternating curl & press 2. Big forward circles 3. Big backward circles <p>Core Exercise</p> <ol style="list-style-type: none"> 1. Supine flutter kicks- Arms out the side or over your head. If arms get tired, put them down by your hips. <p>Hip Exercise</p> <ol style="list-style-type: none"> 1. Scorpions <p>Leg Exercise</p> <ol style="list-style-type: none"> 1. Alternating forward lunge <p>Cardiovascular</p> <ol style="list-style-type: none"> 1. Jumping Jacks 	<p>Second Set</p> <p>Upper Body Resistance</p> <ol style="list-style-type: none"> 1. Wide stance swing curl 2. Wide stance reach row <p>Core Exercise</p> <ol style="list-style-type: none"> 1. Scissor kicks <p>Hip Exercise</p> <ol style="list-style-type: none"> 1. Forward hurdle circles <p>Leg Exercise</p> <ol style="list-style-type: none"> 1. Alternating lateral lunge <p>Cardiovascular</p> <ol style="list-style-type: none"> 1. Twist jumps 	<p>Third Set</p> <p>Upper Body Resistance</p> <ol style="list-style-type: none"> 1. Alternating Diagonal Press 2. Non alternating diagonal chop and twist- set one cable down <p>Core Exercise</p> <ol style="list-style-type: none"> 1. Alternating Dying Bugs- Arms a T, and legs a V <ul style="list-style-type: none"> - Legs bents arms bent - Legs straight arms straight - Prone flutter kicks <p>Hip Exercise</p> <ol style="list-style-type: none"> 1. Backward hurdle circles <p>Leg Exercise</p> <ol style="list-style-type: none"> 1. Alternating transverse lunge <p>Cardiovascular</p> <ol style="list-style-type: none"> 1. Ali shuffle <p>Cool Down</p> <ol style="list-style-type: none"> 1. Lunge lean and twist <ul style="list-style-type: none"> - Front to back - Side to side - Twisting 2. Switch sides <ul style="list-style-type: none"> - Front to back - Side to side - Twisting 3. Feet together <ul style="list-style-type: none"> - Deep breathe - Move the arms
--	---	--

