

Warm-Up	Directions	Sitting Stretches	Directions
1. Jog in place	2 minute jog	Hamstring Stretch	Both legs straight, feet together, and both arms reach your toes. (2 times for 10 seconds each)
2. Jumping Jacks	2 minutes	Butterflies	Feet Together, Elbows on Knees
3. Jumping	Both feet hop forward and back, side to side. One foot hop (alternate). Criss cross.	Sit and Reach	Left leg in, Right leg out. Right leg in, Left Leg out. (2 times for 10 seconds each side)
Standing Stretches	Directions	Muscle Endurance & Strength	Directions
Neck:	Down, Up, Left & Right (2 Sets)	Push-Ups	3 set of 10 (you can vary your push-ups with left over right, right over left, diamonds, hands wider than shoulder)
Arm Circles	Small, Medium, to Full Range Circles (5 Seconds each Range)	Curl-ups	3 sets of 10
Shoulder (Deltoid) Stretch	Right/Left Arm Across Pull Up	Obliques:	Left/Right (1 set of 10 each side)
Triceps (Right/Left)	Right/Left Elbow Back Push Down	Bicycles	Lay on back with both hands behind head. Brings knees up. You will bring right elbow to left knee, then alternate with left elbow to right knee. 2 sets of 30 seconds
Hamstring Stretch	Left over Right Foot, Right over Left Foot (2 times each side for 10 seconds)	Leg Lifts	Both hands under lower back. Feet together. Lift both legs up no more than 6 inches.
Calf Stretch	Left toe up/Right toe up (2 times each side for 10 seconds)	Burpees	Stand straight. Drop to crouching position with hands on floor. Extend legs to do push-up. Back to crouching position. Jump straight up and repeat. 2 sets of 10
Quad Stretch	Knees together and pull up. (2 times each side for 10 seconds)	Squats	Feet little wider than shoulder width apart. Sit down , legs parallel to the ground. 2 sets of 10
		Planks	Get in pushup position, with your forearms on the ground. Tigheten abs, keep neck and back straight. Hold that position. 2 sets for 30 seconds.
		Lunges	Stand tall, take a big step forward with right leg. Left knee goes behind right heel. Keep back straight and head center. Hands on hip. Alternate each leg. 2 sets of 20.

		Mountain Climbers	Get in push-ups position. Drive knee up forward to abs. Alternate each leg repeatedly. 2 sets of 30 seconds
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