






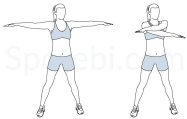

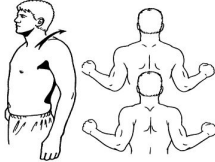






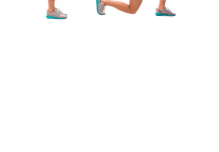

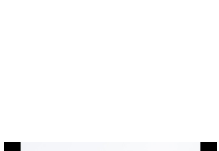

Warm Up: 10 Minutes



Name Of Exercise	Exercise	Reps	Muscles Worked	Key Points
Walking Quad Stretch		x10 Reps Each Leg	Quadriceps	-keep thigh aligned with straight leg
Walking Ham Stretch		x10 Reps Each Leg	Hamstrings	-point toe up -go as low until you can feel the stretch
Toy Soldiers		x10 Reps each Leg	Hip flexor muscle -iliopsoas	-keep back erect -arms straight out -kick without bending the leg (go as high as you can)
Hip Rotations (Open/Close Gate)		x10 Reps Each Leg	Pelvic Muscles Hip	
Lunge With Rotation		x10 Reps	Hip-glutes Lower Leg-gastroc Thigh Muscles-hams	-bend until both legs are 90 degrees -keep back straight -brace core

Leg Swings -Forward back -Side		x10 Reps Each Leg	Hips -good for movement working in frontal plane (running)	-keep leg straight through ROM -keep back erect (swing as much as your body allows)
Arm Circles		15 seconds both direction	Upper Arms -traps, delts	-keep arms slightly bent -start off small, gradually move to larger circles
Arm Swings		x15 Reps	Shoulders, Arms Upper Back Chest	-cross arms and bring them back as far as you can
Arm Cross Chest Press				
Dynamic Chest Stretch		x15 Reps	Pectoralis Muscles Mid Back (secondary)	-keep arms straight -bring hands together, and move them back as far as you can
Scap Retraction		x10 Reps	Rhomboids Middle Trap	-keep back straight -bring shoulder blades together

Circuit Training: Approx 38 Minutes (40 Minutes)

<u>Name of Exercise</u>	<u>Exercise</u>	<u>Time</u>	<u>Muscles Worked</u>	<u>Key Points</u>
<u>Upper Body:</u> Standard Push Ups		1 Minute	Pectoral Muscle Deltoids Triceps Abdominal Muscles	-3 points of contact -keep head aligned with spine -brace core

Tricep Dips		1 Minute	Triceps Deltoid Upper Pectorals	
<u>Lower Body:</u> Squat		1 Minute	Quad Glutes Core Adductor Calves	-go as low as you can without rounding/dip in the hips -feet shoulder width apart
Forward Lunge		1 Minute	Quads Glutes Core Hams	-bend until both legs are 90 degrees -keep back straight -brace core -use weights if available
<u>Core:</u> Plank		1 Minute	Core Erector spinae group Traps, Rhombs Delts Glutes	-3 points of contact -brace core -head aligned
Superman		1 Minute	Erector Spinae Delts Traps Splenius	-lift hands and feet off ground to comfortable place -do not hyperextend the back
<u>Compound Exercise</u> Mountain Climbers		1 Minute	Glutes Quads Abdominals Hams Triceps Soulder	-brace core -keep head down -drive knee to arm -avoid hunching, hyperextending when performing
Burpees		1 Minute	Traps Lower Back Pectorals Glutes Calves, Quads, Hams Delts, Triceps	-arms straight out when jumping -kick both legs back at the same time -Add push up if form can be maintained

<u>Total Body Exercise (Cardio)</u> Jump Rope		1 Minute		
Stair Running		1 Minute		

****Note:**

- Choose ONE exercise from the following category, and perform in a circuit
- Each Exercise is timed to 1 minute with 30 second rest periods in between each exercise
- 2 Minute rest interval in between each circuit. **Repeat Circuit 4 Times**
- Sample Circuit:

Upper Body: Push Up (1 Minute)

30 Second Rest

Lower Body:Squat (1 Minute)

30 Second Rest

Core: Superman (1 Minute)

30 Second Rest



Compound Exercise:Burpees (1 Minute)









30 Second Rest

Total Body: Stair Running (1 Minute)

2 Minute Break

Cool Down (10 Minutes)

<u>Name of Exercise</u>	<u>Exercise</u>	<u>Reps/Time</u>	<u>Muscles Worked</u>	<u>Key Points</u>
Sit and Reach		x5 Reps with 15 second hold	Lower Back Hamstrings	-reach/bend forward during exhalation -keep shoulders back
Hurdle Stretch		x2 Reps each leg with 15 second hold	Hamstrings Lower Back	-reach/bend forward during exhalation -keep shoulders back -place foot to side of quad

Seated Straddle		x2 Reps with 10 second hold	Lower Back Inner Thigh	-keep shoulders back -avoid hunch back when reaching forward
Cat-Cow		x10 Reps	Lower backs Core	
Pigeon Stretch		15 second hold for each leg	Hips Groin Psoas Abdomen	-can keep back straight or lean forward while maintaining position
Figure 4 Stretch		15 second hold for each leg	Hips Glutes Piriformis	-bend both legs, and place one ankle to the knee -pull the leg that is free towards the chest
Butterfly Stretch		x2 Reps 10 second hold	Hips, Glutes Back Thighs	
Cross Over Knee to Chest		15 second hold for both legs	Lower Body Stretch	-bring knee towards the chest, slightly pull across the body towards the shoulder -keep the hips to the floor
Standing Toe Reaches		15 seconds	Hamstrings Lower Back	-keep shoulders back avoid kyphotic posture -bend during exhalation
IT Band Stretch		15 seconds each side	IT Band	-left foot behind right foot and lean to the right with left arm up