



Day 1

Warm up: Side lying series 2 rounds each side

- **Leg lift + leg circles x10 each**

(Lay on side with bottom arm under head and top arm on floor in front of chest, like a kickstand. Lift top leg 10 times then circle forwards 10 and backwards 10 repeat on other side)

- **Side lying windmills x 5 each (see vimeo)**

(Lay on side with both knees bent 90 degrees in front of your belly button. Reach both arms straight in front, top arm up and around overhead until you reach a T position and return the same way)

- **Side plank rep x5 each**

(Lay on side bottom elbow on floor under shoulder, both knees bent with hips on floor. Exhale and lift hips in to side plank, hold for full exhale and come back down)

A1) Step ups 3x10 each

(These can be done on the stairs or something of similar height (around 12"). Do all one side before the other, hold weights if you have any)

A2) Push ups 3x10

(Modified, if needed, can be done on stairs, coffee table, or couch)

A3) Wall slides 3x10 (see vimeo)

(Sit on floor with back to wall, hips, low back, shoulders, head, elbows and wrists all against wall. Slide arms up without losing contact with the wall)

B1) Hips up march 3x10 each

(Lay on back with knees bent. Lift hips up and hold. Lift one foot up and down alternating sides)

B2) Straight leg sit up 3x10

(Lay on back with straight legs, sit up and reach for toes)

B3) Back lunge knee drive 3x10 each

(Lunge backwards. As you stand drive your back leg/knee into the air in front of you. Repeat without touching the floor in between reps)

B4) Plank hold 3x:30-:45 sec

(Forearm plank hold)



Day 2

Warm up: 2 rounds

- **Spider lunge with rotation x4 each**

(Push up position, bring right foot to outside of right hand, rotate reaching right hand to sky. Return to push up position and switch sides)

- **Half kneeling thoracic rotation x4 each**

(Half kneeling with hands behind head and elbows wide. Exhale and rotate over the front knee. Finish the exhale and return to center)

- **Iso bird dog x4 each (hold each rep for 2 breaths)**

(On hands and knees, exhale and reach right arm forward and left leg back, hold for 2 breaths and switch sides)

A1) 2 leg Bench bucks 3x10

(Lay on floor with heels on couch. Begin with your hips and knees bent at 90 degrees. Pull heels down into couch and lift hips)

A2) Half kneeling up chop 3x6 each (see vimeo)

(Half kneeling, holding water jug (1 gallon) or DB in front of you with straight arms. Slowly rotate down to open side and back up over front knee)

A3) Prone Y raise 3x10 with :2 sec pause

(Lay on stomach with arms out over head in Y position and head down on floor. Lift arms 10 times with a slight pause at top)

B1) Single arm KB/gallon of water swings 3x10 each

(Standing with feet shoulder width, hinge and swing kb or gallon of water with one arm)

B2) Side plank hip taps 3x10 each

(Lay on side with elbow under shoulder. Legs can be bent or straight. Lift hips up and down 10 times and then switch sides)

B3) Bent over single arm row 3x10 each

(Use DB if you have one, or use 1 gallon jug)

B4) lateral lunges 3x10 each

(Lateral lunge using DB or 1 gallon jug)



Day 3

Warm up: 2 rounds

- **Shin box sit and breath x4 breaths each (see vimeo)**

(Google shin box position if needed)

- **Iso lateral squat hands to floor x4 breaths each**

(Lunge to one side with hips low, chest up and hands on ground. Hold and breathe)

- **Half kneeling shoulder CAR x4 each**

(Half kneeling position. Move opposite arm from your up knee. Slowly bring arm up and around making a rainbow, return the same way and repeat)

A1) Standing single arm overhead press 3x8 each

(Use DB, KB or gallon jug)

A2) Single leg contralateral RDL 3x8 each

(Standing on one leg with weight in hand on opposite side. Slight bend in knee and hinge down until weight reaches below knee then stand up)

A3) Bear lift to downward dog 3x5 (see vimeo)

(Starting on all fours, lift knees and push back to downward dog position, hold for one breath and return to knees)

B1) Hops in place 3x:30

(Can use jump rope or just body weight)

B2) Push up position knee tucks 3x:30

(Push up position, slow or fast alternating knee tucks)

B3) Seated iso towel row 3x:30

(Sit on floor with straight legs, rap towel around feet with each end in either hand, sit up tall and pull hard for :30 sec. Keep elbows slightly bent)

B4) Dips 3x:30

(Can be done off bench, couch, chair or coffee table)