

MONTH 1

WARM UP

:30 sec Jump Rope

6 Alternating Spiderman Lunges

8 Alternating Quad to Hamstring Stretch

6 Alternating Squat w/ Reach

10 Arm Circles (5 forward, 5 backward)

10 Reverse Step Lunges

6 Slam Squats

3 Single Leg Deadlift Reaches (each side)

10 Side Skater Jumps

8 Glute Bridges

6 Single Leg Glute Bridges (each side)

4 Cat Cow

6 Push Ups

4 Quadruped T-Spine Rotation (each side)

:30 sec Jump Rope