

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 Medicine Ball Slams**

**3 Single Leg Deadlift Reaches (each side)**

**10 Medicine Ball 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**