

Level 1			
Lower body:			
Movement prep:			
Exercise	Reps/time	Sets	Notes
90/90 with hands (2x10)	10	2	Keep chest facing forward
Seated Tibial Rotation (2x10)	10	2	Rotate the shin
Bridge (2x8)	8	2	Pull Heel to Hlp
Deficit Heel Raises (2x15)	15	2	Pressure on Ball of Big Toe
Rebound Heel Raises (2x15)	15	2	Stretch to full ROM
Workout breakdown:			
Exercise	Reps	Sets	Notes
☆ <i>Standing Hip CAR</i>	10	1(2)	<i>Stay tall throughout the movement</i>
Peterson Step-down	10	2(4)	Start with a short ledge and lower free leg until heel taps the ground. Make sure knee doesn't rotate inward
Standing Elbow Taps	10-16	2	Try to keep elbows from going down to meet knees, it's ok if you can't reach yet
Slow Eccentric Box Squat	10-12	3	Focus on and maintain tension in quads/glutes, lightly tapping the box at the bottom
Lunge → Runner's	8	2(4)	- Stretch hamstring when hips go back - Push hips down and forward toward front heel
Lunge → Knee Adduction	8	2(4)	Engage core to maintain balance on eccentric/concentric motions
Good Morning	10	3	Maintain straight posture in spine, lift with the glutes and hamstrings
Steam Engine	8-10	3	Hinge fully before squatting down, then sit on heels, and reverse each motion
Ginga Tap	12	3	- Step straight back (no crossing) - Try not to stand all the way up in the middle
Straddle Lunge	10	2	Keep heels flat on ground and try to keep chest up. Ok to use hands for extra support
Cool-down:			☆ = <i>optional exercise</i>
Exercise	Reps/time	Sets	
Seal stretch	30s	1-2	
Pigeon Stretch	20s	3	
Calf Stretch (peddle)	30s	2	
Straddle Splits	30s	2	

Level 1			
Upper body:			
Movement Prep:			
Exercise	Reps/time	Sets	Notes
Shoulder CAR + wring	3	2	Controlled, deliberate motions
Wrist stretches	30s	1	Try to keep elbows locked out
Standing Lateral Stretch	6	2	Use a bar or wall for support as needed
Arm Bar	5	2	Keep Fist Pointed at Ceiling
Bear crawl + crab crawl	20s	2	Try to keep heels on ground
Workout breakdown:			
Exercise	Reps	Sets	Notes
Breaststroke	12	2(4)	From a prone position, lift trunk and legs up, then tap hands together in front of head and over butt
V-up (tuck)	10	3	From a supine position, crunch up and balance on butt when up, keep arms and legs off floor when down
Shoulder CAR	8-10	2	Kneel/stand as with side as close to wall as your shoulder will allow with full rotation
Plank → Child's Pose	10-12	3	Shoulders are directly above hands during plank & extended during child's pose
Side-plank Dip	8-12	2(4)	In a side-plank position, keeping core stable, allow hips to dip down and then raise them up as high as possible
Dead Bug	12	3	Keep small of back pressed against floor throughout full range of motion. remember, only 2 limbs move at a time
Plank Shoulder Tap	12	3	Touch opposite shoulders (bonus: touch shoulder and hip)
Inchworm	6	2	- Walk out as far as possible - Keep legs straight while walking back in
Cool-down:			☆ = <i>optional exercise</i>
Exercise	Reps/time	Sets	
Seal stretch	30s	1-2	
Standing lateral stretch	10s	4	
Prone to sidelying pec stretch	15s	4	
Shoulder stretches	5s	4	