RUN WARMUP / COOLDOWN

1A

Grp	Sets	Exercise	Wgt	Reps	Week 1		Week 2		Week 3		Week 4		Week 5		Week 6	
					Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps	Wgt	Reps
A1	1	**Cardio**	BW	5-10 min												
A1	1	**Arm Circles**	BW	20/s												
A1	1	**Squat Reach to Fold**	BW	2-3												
A1	1	**Cossack Squat - Assisted**	BW	3-6/s												
B1	2-3	**Split Jump**	BW	10/s												
B1	2-3	**Push-up**	BW	max												
B2	2-3	**Hip Thrust - Bench**	Band	10-15												
B2	2-3	**Copenhagen Side Plank**	BW	30 sec												
B3	2-3	**Polar Bear Squat**	BW	20												
B3	2-3	**Tiger Kickback**	BW	10/s												
B4	2-3	**Burpees**	BW	10-20												
B4	2-3	**Super T**	Lbs	30 sec												

C1	1	**Spine Twist**	BW	45 sec							
C1	1	**Quad Stretch - Seated**	BW	45 sec							
C1	1	**Hamstring Stretch - Seated**	BW	45 sec							
C1	1	**Pec Stretch - Wall**	BW	45 sec							

RUN WARMUP / COOLDOWN

1A

Scan for video

Cardio

- Bike, rower, treadmill, elliptical, stairs, rope, you choose!



Arm Circles

- From a standing position, slowly move your arms in a circular pattern.
- You can vary the size of the circles, but make some of them large to get a stretch in the shoulders.
- Perform the circles in both directions.



Squat Reach to Fold

- Start with feet hip width apart, toes turned out 20-30 degrees.
- Squat down as low as comfortable and place elbows inside thighs, keeping heels down and chest up.
- Reach one hand up to the ceiling, twisting the torso and pressing the other elbow into the thigh for leverage.
- Hold for 5 seconds, then return the top elbow back to inner thigh. Repeat on other arm.
- Grab the toes, straighten the legs and push hips up in the air, stretching the hamstrings. Hold for 10 seconds.



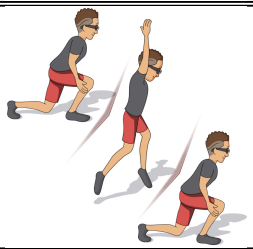
Cossack Squat - Assisted

- Start with legs spread wide, toes pointing forward. Use a table, chair, or strap to make the exercise easier.
- Shift your weight over and lunge down over one of your legs. Keep your hip, knee and toes in line and pointing forward.
- Your opposite leg will straighten at the knee and the toes will turn up to the ceiling.
- Hold for 3-5 seconds, then raise your torso back to center.
- Repeat on the other side.



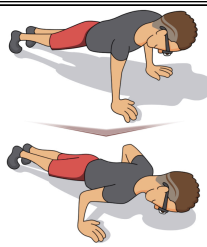
Split Jump

- Step back with one leg into a lunge position. Keep most weight over the front leg.
- Lower yourself until the back knee is just above the floor.
- Explode upwards, jumping into the air (raise your arms in the air for extra momentum).
- Land with the legs in the same position (harder), or alternate which leg is in front (easier).



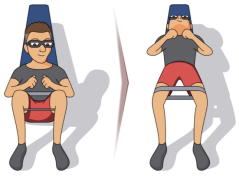
Push-up

- Place your hands on the floor, slightly wider than shoulder width apart, in line with chest (not face).
- Use your feet (harder) or knees (easier) as a pivot point.
- Lower your entire body as a plank as low as possible without touching the floor. Do not poke your head forward.
- Your elbows should be moving out and slightly back (not straight out to 90 degrees).
- Press yourself back up to the start position.



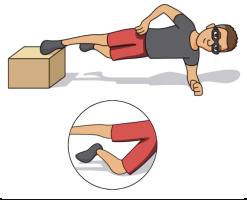
Hip Thrust - Bench

- Begin with your upper back on a bench (or on floor) and feet hip width apart.
- If using a mini-band, place it just above the knees.
- Thrust up by extending your hips and pushing your knees outward.
- Keep the abdominals engaged to avoid hyperextension of the low back.
- Return to the starting position by lowering your hips, stopping just above the ground.



Copenhagen Side Plank

- Lie on your side, with a bench / chair / box at your feet.
- Place your top foot on the object. Your lower leg can be resting on the ground (easier) or elevated.
- Your elbow (or hand) will be positioned on the ground below your shoulder.
- Press through the top leg (keep knee slightly bent) to lift the torso into a straight line off the ground.
- Hold for time. Repeat on the other side.



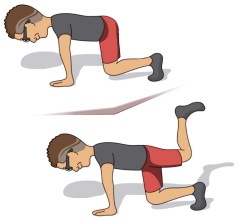
Polar Bear Squat

- Stand with feet hip width apart, toes turned out 20-30 degrees.
- Keeping your spine long, squat down and bring your elbows to the inside of your knees.
- Start the exercise by bringing your hips down towards the floor (keep elbows in place).
- Finish the movement by bringing your hips up in the air, stop before knees become straight.



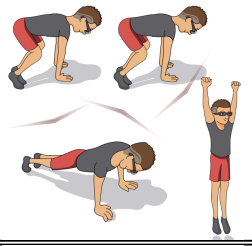
Tiger Kickback

- Start in a quadruped position. Raise both knees slightly off the ground (balancing on hands & toes).
- Kick one leg straight up in the air, maintaining 90 degrees at the knee.
- Make sure other leg stays in place, knee slightly off the floor.
- Return kicking leg to start position, then alternate legs.



Burpees

- Start from a standing position. Squat down and place both hands on the floor.
- Jump both legs back to a plank position (or step back one leg at a time to reduce impact).
- Optional push-up here. Then jump both feet back to a squat position (or step in).
- Return to a standing position, or perform a squat jump to return to the standing position.
- If performing burpees from the floor is too challenging, you can use a bench / stairs / etc.



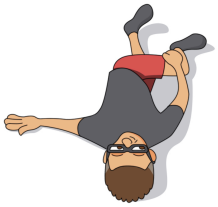
Super T

- Lie face down on the ground with arms in a "T" position (palms down). Hold light weights for more intensity.
- Raise your chest, arms and head off the ground. Optional: raise legs off the ground as well.
- Hold for time. If arms get too heavy before your time, drop the weights and continue the exercise.
- Notes: Keep facing the floor, do not look up. The higher you raise your torso, the harder the exercise.



Spine Twist

- Lie on your back with arms out to sides in a "T".
- Raise one leg in the air, grab the knee with the opposite hand and pull the leg across the body.
- Breathe out and relax as the spine twists, keeping the opposite arm on the ground.
- Optional: Pull the knee towards the shoulder for more glute stretch, straighten the knee for more hamstring.



Quad Stretch - Seated

- Sit on the ground with both legs at 90 degrees, dropped to one side.
- Fully bend the back knee as much as possible.
- Walk your torso away from that knee and drop your elbow to the floor.
- Squeeze your glutes to drive your pelvis forward until you feel a stretch in the thigh of the back leg.
- Optional: Reach the unsupported arm overhead (away from the stretched leg).



Hamstring Stretch - Seated

- Sit on bench, chair or floor. Straighten one leg out in front of you (or both legs to stretch both at once).
- Sit upright and think of pushing your tailbone out behind you.
- Increase the intensity of the stretch by pushing your belly button towards your toes.
- The stretch should be felt behind the straight leg in hamstring.
- To stretch the calf at the same time, pull your toes towards your shin during the stretch!



Pec Stretch - Wall

- Stand sideways to a wall or doorframe. Place elbow on wall at shoulder height.
- Step through with the foot closest to the wall, moving the body forwards relative to your elbow.
- Increase the stretch by turning your torso away from the wall.
- Try different shoulder angles, by placing the elbow higher or lower than shoulder height.

