



MOBILITY WARM UP



1. **Shoulder: Disco with Stick.** Straight arms, keep scapula down. Hips to overhead within range. 10X



2. **Hip Opener:** Straight back leg, flat back – or put hands on bench or box. 4X each side



3. **Rolling:** Upper back extensions – flex extend to open up. Quad & ITBand – go slowly and relax into roller, pause on knots and breathe!

WORKOUT: 3 Sets of 12-15 reps



1. **Balance.** Single leg on bosu – choose either side. Turn this into a single leg squat!

2. **Goblet Squat.** Hold upside down Kettlebell, touches sternum. Keep strong core / neutral back, press up through heels and squeeze glutes/quads at the top.



3. **Chest Press.** Lie on bench with legs up if you want more core challenge. Elbows out to 90 degrees with wrists in line over elbows, press up with palms facing away and straight above chest.

4. **Lunges!** Walking or in place – alternating legs. Sink down into hips with 90 degree knees front/back. Press up through front heel using glutes/core. Stay tall! Hold onto dumbbells.



5. **Bentover Row.** Tabletop position with opposite hand/knee on bench. Set scapula back, core strong. Straight/tight leg behind you, in line with hips. Row with Dumbbell close to side and squeeze scapula to spine

6. **Deadlift** with Kettlebell. Tight position at the top every rep: Shoulders back/down, tight core, glutes, quads. Keep neutral back/tight core as you hinge hips back. Shins stay vertical. Press thru heels on up.



7. **Side Hops** over Bosu. Keep feet same width as you hop onto bosu and over to the other side nice and quick for 1 minute! Don't let knees collapse in!



8. **Push Ups!!** Keep super solid plank position – tight quads, glutes, core. Keep shoulders strongly pulled down away from ears! Choose your height to be able to do 10-15 good ones.



9. **Core leg drops.** Brace core firmly during entire exercise while breathing = back & pelvis stay neutral. Slowly drop one leg at a time & alternate. Keep bent knee or straighten depending on what your core can handle.



10. **Side Plank Hold.** Keep every muscle super tight for 20-30 sec. Elbow under shoulder and body in straight line



11. **Back Extension** repeats. Core set, legs together, hover hands by ears. Chest off ground and drive scapula down back. Hold at top 3 seconds then repeat for reps.



STRETCHES: Hold 1-1.5 minutes



Glutes



Hip Flexors



Hamstrings



Chest



Back/Glutes/Chest



Inner Legs