

TRAIN AND STRETCH

30 minutes of intense bodyweight exercises followed by 30 minutes of relaxing stretching.

WARM-UP (3 sets of 30 seconds per exercise)

1. High Knees with arms out
2. Mountain Climbers
3. Butt Kicks
4. Jumping Jacks

WORKOUT (3 sets of 45 seconds with 15 seconds rest per exercise)

1. **Squat Jumps:** Feet shoulder width apart, focus your weight on your heels, squat pushing your glutes back and down, then jump; land with feet shoulder width apart and repeat
 - **Modified:** Squat Squeeze fast; no jumping
 - **Advance:** Squat Jump with 180 degree turn(as you jump turn your body 180 degrees; you should land facing the opposite direction with your feet shoulder width apart and ready to do another squat)
2. **Walking Push-Ups:** Start standing; walk your hands out(keeping legs straight) until you are in a push-up position(wrists lined up with shoulders); do a push-up; walk your hands back up(keeping legs as straight as possible) until you are standing again, then repeat
 - **Modified:** Modified Push-Ups; on your knees, walk hands out, do a push-up, then walk hands back in until you are on kneeling straight up
 - **Advance:** Walking Push-Up with double push-up; do 2 push-ups every time you walk your hands out.
3. **Plank with leg lift:** on your hands or elbows, get into the plank position. Holding your body flat(straight line), lift on leg straight into the air(feeling a squeeze in your glutes and your lower abdominals tighten), alternate legs
 - **Modified:** Plank, on your hands or elbows, keep your body flat and hold as long as you can without letting your hips go up(above your shoulders) or drop down(below your shoulders)
 - **Advance:** Plank with leg lift, same as the plank with leg lift, add jumping with your feet(faster speed)
4. **Burpee:** Plank position; jump both feet towards your chest, then stand up; then put hands on floor and jump both feet out to starting position
 - **Modified:** Walking Burpee; same position as above, walk feet towards chest, then stand up, put hands back down on floor and walk feet back out to starting position

- **Advance:** Burpee with Jump, same as the burpee except as you stand up jump straight up
5. **Alternating Step Lunges:** Take a bigger step than normal and lunge, keeping your front foot flat on floor and your front knee behind your toes, drop your back knee straight down toward the floor(don't have to touch the floor), then step the front foot back to start; repeat on other foot
 - **Modified:** stationary lunge, stand in lunge position, drop back knee straight down toward floor, then push back up, repeat on same leg for the first set, once we get to the second set, repeat the exercise on the other leg.
 - **Advance:** lunge jump, these are like split jumps, in lunge position, lunge down and as you come back up jump and switch legs into another lunge
 6. **Spiderman Climb:** in plank position, drive foot to the outside of your hand, return foot back and repeat on other side.
 - **Modified:** Bring foot half way(your bellybutton or chest)
 - **Advance:** Bring foot all the way to the outside of your hand
 7. **Plank to hand:** In plank position(on forearms), one arm at a time, go up on your hands, then back down to your forearms; keeping hands lined up with shoulders and back flat
 - **Modified:** on knees(position like a modified push-up), do the same as above
 - **Advance:** Do the same as above, only add a push-up every time you're on your hands
 8. **Wall Sit and hold arms out in front:** back against the wall, feet out in front of you, squat down until your knees are at a 90 degree angle, hold arms out in front of you and stay in that position for as long as you can.
 - **Modified:** same position as above, but hold arms by your side
 - **Advance:** same position as above, but lift one leg off the ground and hold

STRETCHING (Hold each stretch: 2 sets for 20 seconds)

1. **Neck and Traps**
 - Head Down
 - Keeping Head down, tilt to the right, then tilt to the left
 - Head facing forward, tilt to the right, then tilt to the left
2. **Shoulder and Triceps**
 - Arm across your chest, hold each side
 - Arm behind your head, hold each side
3. **Chest**
 - Hands behind your back, clasp together and bring arms up
4. **Hamstrings and Glutes**

- Feet wider than shoulder width, stretch toward the middle of legs and floor
- Move your bellybutton toward your left knee, hold, repeat on other side
- Feet together, bend and reach as far as you can(until you feel a stretch)

5. Quads

- Bring right foot toward your glutes and grab ankle with right hand, hold and repeat on left side

6. Calves

- Foot against a wall, lean forward until you feel a stretch

7. Hamstrings

- Sit on floor, keep back straight, legs apart, reach to the middle
- Turn your bellybutton toward your left knee, bring the right arm over, hold and repeat on other side
- Bring legs together and reach until you feel a stretch

8. Hips and Glutes

- Lie on back, legs bent, feet flat on floor, cross one leg over the other, keeping a square with your legs; grab the thigh and pull toward you until you feel a stretch; repeat with other leg
- Bend knees

9. Abdominals

- Lie on stomach, bring your body up, keeping hips down

10. Back

- On hands and knees, hands lined up with shoulders, knees lined up with hips, arch your back and hold, then relax and repeat
- Same position as above, crawl your hands out in front of you and then lean your butt towards your heels, hold
- Same position as above, crawl both hands to the left, lean your butt to your heels and hold, repeat on the right side.