Today's Workout:
Focus: Form & Flexibility

Warm Up:
March with High Knees, Squat Twist, Jog in Place, Butt Kicks, Arm Circles

- **Endurance/Strength:** 8 exercises, 1 minute of each 2 rounds. 30 second rest (20 minutes)
  - **Curl Ups** (Strength): Make sure hands get to knees
  - **Power Punches** (Endurance): Feet shoulder width. Both arms start center. Left arm punches right **then returns to center**. Right arm punches left **then returns to center**. Repeat.
  - **Sit/Stand** (Strength): Feet shoulder width, arms in front.
  - **Mountain Climbers** (Endurance): Try and keep your body in a straight line.
  - **Push Ups** (Strength): For competition must be from toes, not knees.
  - **Jumping Jacks** (Endurance): Focus on full arm extension
  - **Planks** (Strength): Start with arms under shoulders. Walk out legs. Make sure you don’t sag your back or raise your hips….keep body in straight line.

- **Flexibility:** 7 Stretches. 1 minute. 30 seconds rest. (10 minutes)
  - **Cat/Cow**
  - Extended **Child’s Pose**
  - **Seated Side Bend**
  - **Modified Hurdler Stretch** (seated stretch)
  - **Standing Hamstring: Full Body Fold**
    - Fold to right side
    - Fold to left side
    - Center hang
  - **IT Band Stretch**
  - **Calf Stretch**