



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](#)