

CONFIDENTIAL AND PROPRIETARY

Full Body Weight Training 1 - 30 minutes

Warmup - 4 minutes (30 seconds each)

- Jog in place
- Hop scotch
- Side to side little jumps
- Heel kicks
- High knees (or marching)
- Knee Touch X jumps
- Shoulder Tap Jacks
- Elbow to opposite knee
- Opposite side, Elbow to knee

4minute stretch (30 seconds each)

- Alternating lunges 5 pulses each time
- Alternating side step lunges
- Squat and Twist
- Hamstring Stretch
- Quad holds
- Arms circles, Forwards
- Arm Circles, Reverse

Full Body Weights 1

Do each exercise once, then move to next exercise with no rest in between. Repeat for 2 total sets. 45 seconds rest between Sets.

- 10 x Row, Pushup, Curl, Press
- 10 x Lunge, Oblique Twist, 3 Pulses, step in, Simultaneous knee raise Press

- 6 - 10 x 3 way push up, (Wide, Narrow, Pike) Jump at End
 - Modification: knees
- 10 x Squat, Press Up, Tricep Extension (1 weight)

Cooldown: 2 minutes

Time: Approximately 30 minutes

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