

Confidential and Proprietary Weights 2 – 30 Minutes

Warm Up

4 minutes (30 seconds each)

- Jump rope
- Shoulder Tap Jacks
- Jumping jacks
- High knees
- Floor Mountain Climbers
- Standing Climbers
- Plank jacks
 - Modification: Step Instead of Jump
- Crisscross jacks with arms straight out in front

Stretch - 4 minutes (30 Seconds each)

- 3 Way Lunge Right (forward, side, back)
- 3 Way Lunge Left
- Prisoner Squats
- Squat Walks (sit in squat, 4 steps forward, 4 steps back)
- Hip Circles
- Windmills
- Arm Circles, forward
- Arm Circles reverse

Do Each Round Once, rest for 1 minute. Repeat for 2 total sets.

Round 1

- 15 lateral raise
- 12 x Alternating Plank Row (6 each side)
- 12 bicep curls (4 x low to 90 degrees, 4 x shoulder to 90, 4 full range)

- 5-10 x Diamond pushups
 - Modification: Knees

Round 2

- 20 Alternating Shoulder Press (10 each arm)
- 50 Superman Swims
- 12 Lateral Bicep Curls (do curl exercise at a 45-degree angle. Perform 5 x low to 90 degrees, 5 x shoulders down to 90 degrees, 5 x full range)
- 6-12 x Side Arm Pushups

Cool down - 2 minutes of stretching

Total workout time – Approximately 30 minutes

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