

Warm UP & Strength Training

Top:

Neck UPS & DOWN.....2X

Neck SIDE 2 SIDE2X

Arm Rotations:3-5X

Wind Mill- Forward & Backward3-5X

Stretch Lunges.....3-5X

Front Hand Palm Down – Back Hand Palm Up

Toe Touch / Trunk Twist.....3-5X

ABS:

Rotational Russian Twist20-60 Side 2 Side

Feet on Groud, 5-8 lb weight ball

20 Reps – 3-5X - Hold 10 Seconds

Italian Crunches..... 20-60 Reps – 3-5X

Head to Toe, Lead w/ Chin

20 Reps – 3-5X – Hold 10 Seconds

Push Ups.....10 – 20X Or 20 a Set

Body Twist.....3-5X

Spine Stretch3-5X

Cardio – Lots & Lots of Cardio: Walk, Run, Bike, ANYTHING!!!

Yoga or Stretch