

## DAY 1:

Jumping Jacks Warm-up

30 air squats

15 push-ups

40 Russian twists

Balance Right (30s)

60 mountain-climbers

20 V-Sit/Tucks

10 burpees

Balance Left (30s)

20 chops/lifts

Plank for 1 minute (1 arm/ 1 leg)

## YOGA COOL DOWN:

Cobra

Mountain/Downward Dog

Cow/Cat

Warrior

Triangle

Plow/Pike

Hug/Pretzel

## DAY 2:

Jumping Jacks Warm-up

Cone Jumps/Hops (10)

- 2 ft fwd/back
- 2 ft side to side
- R ft fwd/back
- L ft fwd/back
- R ft side to side
- L ft side to side

Push-Ups w/knee tuck (10)

Balance Right (30s)

Lunges Fwd/Back (5 each side)

V-Sits w/med ball revolutions (10)

Skaters (20)

Balance Left (30s)

Dead lift/squat press (10 each side)

Plank w/push-up holds (10/5 for 60s)

### YOGA COOL DOWN:

Cobra

Mountain/Downward Dog

Cow/Cat

Warrior

Triangle

Plow/Pike

Hug/Pretzel

### DAY 3:

Jumping Jacks Warm-up

Blockies - 20

Chops/Lifts - 10R / 10L

Tuck Jumps - 10

Balance Right - 30s

Push-ups with leg tap - 10

Rocket Jumps - 10

Russian Twists with Press - 20

Balance Left - 30s

Scissor Jumps - 10

Planks T/X - 60s

### YOGA COOL DOWN:

Cobra

Mountain/Downward Dog

Cow/Cat

Warrior

Triangle

Plow/Pike

Hug/Pretzel

## DAY 4:

Jumping Jacks Warm-up

Med ball squat throws (10)

Elevated Pushups to Press (10)

Balance Right (30s)

Figure 8 Shuffles

(x3 around two cones, each way)

Kettlebell swings (10)

Dumbbell Rows (10)

Balance Left (30s)

Forearm plank reach out (20 – 10 L/R)

Easy ups (Leg lifts to easy up) (60s)

## YOGA COOL DOWN:

Cobra

Mountain/Downward Dog

Cow/Cat

Warrior

Triangle

Plow/Pike

Hug/Pretzel

## DAY 5:

Jumping Jacks Warm-up

Goblet Squats (10)

Decline Pushups w/feet on ball (10)

Chops/Lifts (20)

Balance Right (30s)

Skaters (20)

Dumbbell Tricep Press (10)

Lateral Lunge/Squats (20)

Balance Left (30s)

Reverse Planks (60s)

## YOGA COOL DOWN:

Cobra

Mountain/Downward Dog

Cow/Cat

Warrior

Triangle

Plow/Pike

Hug/Pretzel

## DAY 6:

Jumping Jacks Warm-up

Rear Foot Elevated Split Squats (10 each side)

Incline Pushups w/hand on ball (10)

Balance Right (30s)

Icky Shuffle in Hoop (20)

Mini-Band Rotator Cuff (10)

Dead Bugs (40)

Balance Left (30s)

Single-leg Deadlift (10 each)

\*or Bounding in Place (20)

Spiderman (10 fwd/back)

### YOGA COOL DOWN:

Cobra

Mountain/Downward Dog

Cow/Cat

Warrior

Triangle

Plow/Pike

Hug/Pretzel

## BLOCKING FOOTWORK:

Jumping Jacks Warm-up

Lateral bound blocks (3 x 10)

- 45s rest between sets of 10

Balance Right (30s)

10 Push-ups

20 Chops/Lifts

Balance Left (30s)

Bound, cross-over block (4 x 6)

- 30s rest between sets of 6

Balance Right (30s)

10 Push-ups

20 Chops/Lifts

Balance Left (30s)

Shuffle block (3 x 8)

- 30s rest between sets of 8

Balance Right (30s)

10 Push-ups

20 Chops/Lifts

Balance Left (30s)

## YOGA COOL DOWN:

Cobra  
Mountain/Downward Dog  
Cow/Cat  
Warrior  
Triangle  
Plow/Pike  
Hug/Pretzel

## Mini-Band Workout:

Anti-Clap  
Shuffle  
Clamshell (back)  
Clamshell (side)  
Lateral Walk  
Diagonal Walk



## DAY 7:

Jumping Jacks Warm-up

Med ball squat throws (10)

Elevated Pushups to Press (10)

Russian Twists (20)

Balance Right (30s)

Kettlebell swings (10)

Dumbbell Rows (10)

V-Sits/Tucks (20)

Balance Left (30s)

Burpees (10)

Forearm plank reach out (20 – 10 L/R)

## YOGA COOL DOWN:

Cobra

Mountain/Downward Dog

Cow/Cat

Butterfly

Modified Hurdler Stretch (R/L)

Pike (toes away)

Plow

Hug/Pretzel

Shoulders

Quads