

Low-Impact Cardio Training

- Marching/Roll Shoulders/Y arms/
T arms/ W arms**
- High Knees Alternating/
Alternating Shoulder Shrugs**
- Hamstring Curls/Alternating
Scapular Protraction Retraction**
- Front Kicks/Alternating Rows**
- Step Backs/Arms in Front
Alternating Crossovers**
- Lateral Steps**
- Out Out In In/Power Walk
Forward/Back**
- Kick Step Back/Alternating Front
Raise**
- Tick Tock/Alternating Wrist
Flexion Extension**
- Forward 123 Knee/Alternating
Hand Squeeze**

Interval Training

- Repeater Front Kicks**
- Repeater Step Backs**

- Out Out In In**
- Lateral Steps**

Balance Training

- SL Hip Extension Circles**

Strength Training

- Alternating Turtle Lateral Steps w/
Squat (Heel Lift)**
- Right Leg Step Forward (Front
Lunge) to Bicep Curl**
- Left Leg Step Forward (Front
Lunge) to Lateral Raise**
- Step Back (Reverse Lunge) to Row**

Core Training

- Push-ups**
- Roll on Back and Hug Knees in or
Extended Child**
- Quad SA Shoulder Extension**
- Supine SL Hip Circles**
- Bridges**

Flexibility Training

- Low Back Stretch**
- Piriformis Stretch**
- Hip Flexor/Quad Stretch**
- Shoulder Rolls**
- Hamstring/Calf Stretch**
- Chest/Anterior Deltoid Stretch**
- Wall Angels**
- 3 Way Neck Stretch**