



Lower Body + Core Stability

Warm-up — Timed

1 rounds

1. March in Place + Arm Swings	1 min	REST	10s
2. Wall-Assisted Toe Taps	1 min	REST	10s
3. Seated Pelvic Tilt	10	REST	10s
4. Bird Dog	10	REST	10s
	Each side10/side		
5. Standing Knee Raises	10	REST	10s
	Each side10/side (slow & controlled)		

Main Movements — Regular

1. Body Weight Box Squat	1. 10-12	2. 10-12	
	REST 60s	REST 60s	
2. Cable Standing Hip Abduction	1. 10	2. 10	
	REST 60s	REST 60s	
	Each side10/side		
3. Body Weight Glute Bridge	1. 10-15	2. 10-15	
	REST 60s	REST 60s	
4. March + Overhead Reach	1. 1 min	2. 1 min	
	REST 60s	REST 60s	
5. Dead Bug	1. 10	2. 10	
	REST 60s	REST 60s	
	5/side to start		
6. Wall Sit w/ Heel Lifts	1. 20 sec	2. 20 sec	
	REST 60s	REST 60s	

Cool Down — Timed

1 rounds

1. Cat Cow	5	REST
2. 90/90 External Hip Rotation Stretch	30 sec	REST
	Each side30s/side	
3. Neck Rolls	30 sec	REST
	Each side30s/each direction	
4. Shoulder Circles	30 sec	REST
	Each side30s/each direction	



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5. Standing Quad Stretch	30 sec	REST
Each sideuse a chair or the wall to help with balance & 30s/side		