



Full Body + Dynamic Balance

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. Side Step + Arm Swings	1. 1 min	2. 1 min	
	REST 60s	REST 60s	
2. Sit-to-Stand	1. 8-10	2. 8-10	
	REST 60s	REST 60s	
3. Wall Angel	1. 10	2. 10	
	REST 60s	REST 60s	
4. Slow March	1. 1 min	2. 1 min	
	REST 60s	REST 60s	
5. Modified High Plank	1. 15 sec	2. 15 sec	
	REST 60s	REST 60s	
6. Single-Leg 3-Way Toe Taps	1. 18	2. 18	
	REST 60s	REST 60s	
Each side6/each direction and each side, so 18 total per leg per set			

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		