



Upper Body + Core Control

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. Wall Push Up	1. 10-12	2. 10-12	
	REST 60s	REST 60s	
2. Dumbbell Seated Overhead Press	1. 10	2. 10	
	REST 60s	REST 60s	
3. Cable Seated Single Arm Row	1. 10	2. 10	
	REST 60s	REST 60s	
	Each side10/side		
4. Cable Split Stance Pallof Press	1. 10	2. 10	
	REST 60s	REST 60s	
	Each side10/side		
5. Modified Russian Twist	1. 10	2. 10	
	REST 60s	REST 60s	
	Each side10/side		
6. Balance Hold	1. 20 sec	2. 20 sec	
	REST 60s	REST 60s	
	Each side20s/foot, don't have to raise your leg that high, just have to lift your foot.		

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	



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4. Shoulder Circles	30 sec	REST
	Each side30s/each direction	
5. Standing Quad Stretch	30 sec	REST
	Each sideuse a chair or the wall to help with balance & 30s/side	