

WARM UP 8:15

Standing:

- One arm stretch from side to side. -. 12 reps.
- Two arm stretch - 16 reps
- One arm across - 12 reps each side
- One arm shoulder rolls - 12 reps each side
 - One arm back stroke - 8reps each side
 - Two arm back stroke - 8 reps
- Standing Back stroke - 14 reps
- Standing back stroke with a deep bend -12 reps
- Waist twist - 16 reps each side
- Waist twist with a pivot - 8 reps each side
- Ankle to butt - 8 reps each side
- Elbow to opposite knee - 8 reps each side

- Deep side bends
 - 8 singles
 - 4 half count
 - 2 four counts

Floor:

- Down dog hamstring and calf stretch
 - Hold position - 8 counts
 - Single heal to the floor - 8x2 counts each side
 - two heals to floor - 8 count hold
- Push ups - 10 reps

COOL DOWN 5:10

- Chiropractor Supine spinal twist
- Supine hamstring stretch
- Childs pose
- Sphinx pose
- Cat roles
- Quadriceps stretch in crouch position
- Standing:
 - Role up and breathing

COMPOUND STRENGTH 7:35

Standing:

Drop lunge with dumbbells	- 4 reps
Drop lunge and shoulder press	- 8 reps
Front lunge and bicep curl	- 8 reps
Isometric lunge and triceps extension	- 8 counts
Side lunge and shoulder fly	- 7 reps each side
Over head triceps extension with calf raise	- 8 reps each side
Pectoral dumbbell fly's with a back lunge	- 10 reps

DYNAMIC MOVES 9:00

Standing:

Side to side step	- 20 reps
Diagonal step	- 8 reps
- with a knee lift	- 16 reps
- with Quadriceps extension	- 12 reps
Step knee fwd. arms fwd and back	- 8 reps
Step knee fwd. with punching arms	- 8 reps
Step Knee fwd. with a hop	- 16 reps
Squat and over head arm lift	- 8 reps
Squat and diagonal turn with arm lift	- 8 reps per side
Squat and lift	- 4 reps
Waist twist	- 16 reps
The shot put	- 8 reps
The discuss throw	- 8 reps
The hammer throw	- 8 reps
Side to side hop	- 4 slow -7 singles
Side to side hop with arms up and down	- 8 reps

STRENGTH AND BALANCE 9:30

Standing:

- Warrior 2 position with a waist turn - 8 reps slow
- Warrior triangle poses with core contraction - 4 reps slow
- 4 reps single count
- One legged buttocks press with leg support - 4 reps each side
- Balanced buttocks press with a leg lift - 8 reps.
- Warrior 3- balance pose with arms extended - 8 seconds
- Wide stand – outer thigh lift - 16 singles.

Floor:

- Plank position on the floor - 30 second hold
- Side bends with a waist twist - 4 reps
- Side bends with triangle arm hold - 15 seconds each

CORE FOUNDATION 9:35

Standing:

- Front lunge with 45 degree oblique turn - 8 reps each side

Floor:

- Bent Knee crunch - 16 reps
- Crunch and oblique turn - 3 reps each side slow
- 4 reps on single count
- Bent knee crunch - 4 reps
- 4 way crunch - 8 reps
- Elbow to opposite knee - 8 reps each side
- Straight legged back stroke with a crunch - 10 reps
- Full roll ups - 5 reps
- Breast stroke prep - 4 reps

CORE CHALLENGE 9:40

Standing:

Drop lunge with oblique turn - 8 reps each side

Floor:

Crunches with one knee bent - 4 reps

Leg lift to 45 degree - 8 reps

Leg lift to 90 degree - 8 reps

Scissors/ bicycle - 8 reps

Half roll up - 8 reps

Shoulder Bridge – buttocks squeeze - 8 reps

-One leg eccentric - 4 reps

-45 degree hold - 8 count

Breast stroke - 2 sets of 8

BUNS AND THIGHS 8:40

Standing:

Narrow squat lift - 14 reps

Runner's position – running arms - 4 reps

Runner position - lunge and lift - 8 reps

Isometric runner position with arms fwd and back - 2 slow count
- 8 single count

Dynamic runner position with running arms and knee lift - 8 reps

Standing side lunges right and left - 4 reps

- One side only - 8 reps

- with inner thigh adduction - 8 reps

- with inner thigh adduction and arm lift - 8 reps

Floor:

Buttocks lift on the floor - 12 slow

- 16 singles

HIPS AND THIGHS 9:40

Standing:

Straddle deep side lunge with one weight - 8 slow

Floor:

Straight one legged thigh abduction - 8 slow
- 24 singles.

Straight legged inner thigh lift - 24 singles

90 degrees bent knee thigh abduction - 8 slow

- 16 single.

90 degree hip squares - 4 reps slow

BACK 9:15

Standing:

Standing lat pulls with one leg in front - 8 reps per side

Bent over wide back rows - 16 reps

Narrow back rows - 16 reps

One arm pulley row - 8 reps slow

- 24 singles

Dead lift - 10 reps

Dead lift with two arm pulley row - 12 reps

SHOULDERS 8:30

Standing:

- Rotator cuff - 8 reps
- Rotator cuff with a lateral shoulder raise - 8reps
- Lateral raise
 - 12 slow count
 - 24 single count
- Shoulder press with deltoid rotation - full range - 16 reps
- Standing shoulder press - half range - 16 reps

Kneeled:

- One arm lateral raise - 16 reps each side

CHEST 9:10

Standing:

- Chest flies with dumbbells - 16

Floor:

- Push up position – 3 positions
 - 8 to 12 reps each
 - Regular - 8 reps
 - Narrow - 8 reps
 - Wide - 8 reps
- Supine dumbbell press
 - 12 slow
 - 16 single
 - Supine flies - 16 reps
 - Narrow grip chest press - 8 slow
 - 16 singles
- Supine over head pull - 15 reps

ARMS 9:15

Standing:

- Bicep curls – both arms
 - 16 reps slow,
 - 16 singles
 - Eccentric curls
 - 8 reps
 - Concentric curls
 - 8 reps
- Over had triceps extensions
 - 16 slow count
 - 16 single count

Kneeled:

- Concentrated one arm curl
 - 16 reps each arm
- Straight arm triceps kick backs
 - 12 reps each arm

AEROBICS 1 9:00

- Grape vine/side to side step
 - 16 reps
 - Grape vine and arm circle
 - 16 reps
 - Grape vine with a hop
 - 8 reps
- Forward and back
 - 16 reps
 - With leg fwd
 - 24 reps
 - With arms up and down
 - 8 reps
- Jab Cross
 - 16 reps
- Karate punch
 - 24 reps
- Jab, jab, hook
 - 8 reps
- Jab, jab, hook, upper cut
 - 8 reps

AEROBICS 2 9:00

- Jab, jab, hook, upper cut
 - 4 reps
 - Non stop
 - 8 reps
- Jab, jab, and three elbows
 - 8 reps
- Double punch
 - 8 reps
- Two knees
 - 8 reps
- Front kick
 - 6 reps