

Warm-up/ Stretches

Warm-up

3 laps around the gym

25 Jumping Jacks

Stretches- 10 SECONDS EACH

ARMS

- Shoulder Circles - 10 forward
 - 10 backward
- Left arm across chest
- Right arm across chest
- Left arm over head- hand touches shoulder blade
- Right arm over- hand touches shoulder blade

LEGS

- Touch toes standing
- Left leg sit and reach
- Right leg sit and reach
- Legs together sit and reach
- Butterfly

SPLITS

- Right leg forward
- Left leg forward

- Middle