

Warmup - no weights

1. 10 - ARMS stretching overhead right to left
2. 10 - ARMS Swimming Right to left
3. 10 - ARMS Circling up on toes
4. 10 twists elbows up right to left
5. 10 - ARMS out to side - right arm back then left back
6. 10 right arm overhead - left arm stretches down side
10 left arm overhead - right arm stretches down side
7. 10 ARMS behind head elbow to waist 1-2-3-1
8. 10 slight ^{forward} lunge position - feet flat - ARMS lift as head lifts
ARMS return as toe lifts
count off right toe lift for count of five as left leg bends back
Repeat with other leg
count of 5 Repeat
9. 10 - legs spread apart right knee bends left leg straight
1-2-3-1
10. 25 touch toes

Neck Exercises

- 10 hands on hips turn head slowly
- 10 hands on hips turn head right 1-2-3- then left 1-2-3-1
- 10 right ear on right shoulder count of 5
- 10 left ear on left shoulder count of 5

Arm Exercises - weights optional

1. 10 shoulder hunches
10 forward
10 Reverse
2. 20 bicep curls
3. 20 each side triceps - elbows close to side - only raise forearm
Right leg in front - other forearm lift - Switch
4. 20 triceps - hands clasped raise overhead and back behind head
5. 20 triceps - bend over lift arms behind back toward head
6. 10 arm circles shoulder height forward -
7. 10 arm circles backward

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8. ⑩ Start with fingertips on shoulders - arms raise above head and to side
9. Shoulders - one arm at side - arm raises forward to shoulder height, then side
⑩ each side
10. ⑩ Scissor arms in front
11. ⑩ Scissor arms in back as high as possible
12. ⑩ fingertips on should, lift, knee to left elbow, then left knee to right elbow 1-2-3 1
13. ⑩ Touch squat touch
14. 10 sitting Squats with hands on thighs hold for count of 5
Hold last for ten counts
15. 20 In same sitting position sway back & forth

Chairs in place - Walk, jog, skip around back of chair
circling room back to chair

1. 20 Behind chair stand on tiptoes for count of 3
2. ? Balancing by standing on ^{left} foot everyone counts
? Balancing by standing on ^{right} foot everyone counts
3. Balancing exercises - try not to hold onto chair
10 left knee up 1 out 2 down 3
10 left knee up 1 back 2 down 3
10 side raises
Shake out legs
4. 10 right knee up 1 out 2 down 3
10 right knee up 1 back 2 down 3
10 side raises
Shake out legs
5. Sit on chair legs to side
10 Hands behind head Bend to right 1-2-3 1 then left 1-2-3 1
10 Same with hands up and stretching down to floor

Floor Exercises with mat

1. 20 Sitting with soles of feet together push elbows on inside of knees
2. 10 Sitting with legs extended - sit up tall arms up and stretch out
3. 10 Same position - grab right ankle with right hand and raise other hand overhead stretch
4. 10 Repeat with other ankle
5. 10 Sitting legs extended arms out to side, touch left hand to right foot + right hand to left foot.
6. 10 Sitting legs extended reach out with arms past right foot - center - left foot Clap 1-2-3 1
7. 20 Situps
8. 20 Left knee bent/right foot resting on left knee/hands behind head bring left elbow toward left knee with a twisting motion
9. 20 Repeat with left foot resting on right knee
10. 20 Pedal legs in a bicycle motion twisting elbows side to side
Flexed foot
11. 10/10 Lie on back left knee bent - right leg in air Make circles with right leg. Do 10 one way and then reverse.
12. 10/10 Repeat with other leg
13. 5 Do splits with legs - hold 5th split for count of 10
14. 10 Lie on back and bring right knee to chest. Right leg goes out 1 up 2 and back down 30
15. 10 Repeat with left knee
16. Back strengthening. Lie on stomach. Do half plank (forearms on ground bearing weight on ^{forearms} arms + knees. Stomach in. Full plank - weight on forearms + toes - hold as long as you can
17. 20 Pushups on hands and knees
18. 10 On forearms + elbows, ^{left} knee to nose. Hold the last one for a count of 10. Bounce leg up + down 10 X
19. 5 On forearms + knees do fire hydrants
19. 10/5 Repeat with other leg

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- 21 (20) On side raise upper leg & arm to touch (under leg bent)
- 22 (10) On side flex foot @ 20 degrees to front of body - controlled lift
- 23 (10) Toe touch, back
- 24 (10) On side, raise both legs in a straight line - hold for count of 5
- 25 (10) Inner thighs - on side, cross top leg in front of body. Bottom foot flexed. Raise in controlled lift
- 26 (10) Scissors

Repeat 21-26 on other side

- 27 (10) Lie on back with knees bent and arms down by hips. Raise buttocks & hold for count of 10 Lift - count - Relax!

Cool down stretches

- Turn off lights will
1. Lie on back - hands over head. Relax every part of body to relax: fingers, hands, arms, head, neck, torso, thighs, calves, ankles, feet
 2. Right leg straight up, hands behind calf. Left knee bent. Circle ankle one direction, then other. Point (toe & ceiling), flex - sole to (ceiling)
 3. Left leg same stretch
 4. Right leg ankle on top of left knee - Push on right thigh for a hip stretch. Add variations
 5. Same with left leg
 6. Left leg out straight. Cross right leg over midway part of body iband stretch
 7. Right leg out straight cross left leg over midway part of body iband stretch
 8. Turn upper body and bent legs to right. Arms & head left
 9. Turn upper body and bent legs to left. Arms & head right
 10. Slowly stand by swinging to right hip and using arms to balance.
 11. Slowly stand by lifting one vertebrae at a time, ending with head
 12. Spread legs - bend, inhale, arms up, exhale, arms down
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