

1. RDL KICKSTAND STANCE *



EQUIPMENT / SET-UP:

Dumbbells: pair of 15 lbs, pair of 25 lb

INSTRUCTIONS:

Stand with most of your weight on one foot, other foot toe touch
Hinge at hips, lower weight towards the floor
Keep back flat
Stand upright and push hips forward at top

**switch sides at halfway beep*



LOWER INTENSITY

Keep both feet flat (no kickstand)
Smaller range: don't lower as far
Lighter weight

HIGHER INTENSITY

Heavier weight

2. REVERSE CLAMSHELL*



EQUIPMENT / SET-UP:

Floor mat
Pilates ball

INSTRUCTIONS:

Sidelying, squeeze ball between knees
Rotate top foot up, then raise leg slightly
Hold 10 sec

*Switch sides at halfway beep



LOWER INTENSITY

HIGHER INTENSITY

3. FRONT PLANK + LEG LIFTS



EQUIPMENT / SET-UP:

Mat on floor

INSTRUCTIONS:

Maintain level plank on forearms
Lift one leg, hold 5 sec
Alternate legs



LOWER INTENSITY

No leg lift

Drop knees to floor if needed

HIGHER INTENSITY

4. COMPASS JUMPS



EQUIPMENT / SET-UP:

Tape 8 point “*” on floor

INSTRUCTIONS:

Start at the center of the “compass”
Jump to each point and back to center
Keep it light and soft



LOWER INTENSITY

Quick Steps:

Keep one foot at the center mark
With the other foot step out to each point on that side of the compass. ie) Right foot at center / Left foot to N, NW, W, SW, S
Then work back up to N
Switch feet at the halfway beep

HIGHER INTENSITY

5. Box Jump Ups



EQUIPMENT / SET-UP:

12" plyo box or step

INSTRUCTIONS:

Start on the ground facing the box
Double leg jump up onto box
Land softly and absorb the impact
Step down



LOWER INTENSITY

Step up, step down

*Switch legs at the halfway beep

HIGHER INTENSITY

6. COPENHAGEN ADDUCTION



EQUIPMENT / SET-UP:

Floor Mat

Exercise Bench (or can use an armless chair or a low plynth)

INSTRUCTIONS:

Start in a forearm side plank position with both knees bent
top knee and lower leg supported on the bench:

Lift Bottom knee off the ground

Hold 5 sec, then rest bottom knee back down, repeat



LOWER INTENSITY

Side-lying bottom leg raise (“Jane Fondas”)

Top leg may be bent and crossed over in front with foot planted

Or have both legs out straight with top foot resting on the
Bench or chair

HIGHER INTENSITY

Legs straight

Support top foot on the bech

7. SUSTAINED SQUAT LATERAL TAP



EQUIPMENT / SET-UP:

(none)

INSTRUCTIONS:

Start down in a squat
Shift weight to one leg and tap other leg to the side
Return to center and switch legs
Alternate tapping side to side while staying down in the squat



LOWER INTENSITY

Stand up between reps
Adjust the depth of the squat to tolerance

HIGHER INTENSITY

Deeper squat

8. BALANCE EYES CLOSE*



EQUIPMENT / SET-UP:

Foam Pad (or other soft surface)

INSTRUCTIONS:

Stand on one leg, hands on hips

Balance on one leg

Close eyes

*Switch legs at the halfway beep



LOWER INTENSITY

Staggered stance with eyes closed
(wider stance is easier, closer to in-line is harder....adjust to find a level that feels wobbly, but you can maintain)

HIGHER INTENSITY

Add a soft surface
(maintain eyes closed)

9. REVERSE LUNGE*



EQUIPMENT / SET-UP:

Two sets of two dumbbells: 10 lb and 20 lb

INSTRUCTIONS:

Step back and drop knee to the floor

Return to standing

Maintain knee over toes alignment (no dipping in)

*Switch legs at halfway beep



LOWER INTENSITY

Shallower lunge

Or

Split squat : start with feet in staggered position and squat up and down without moving feet

HIGHER INTENSITY

Add dumbbells : briefcase carry (dumbbell in each hand with arms down at your sides)

10. STRAIGHT LEG RAISE*



EQUIPMENT / SET-UP:

Floor mat

INSTRUCTIONS:

Lying on back: One leg out straight, Opposite foot planted
Bring straight leg out to the side ~30 degrees, toe out
Raise leg up and down with control
Keep core engaged, hips level

*Switch legs at the halfway beep



LOWER INTENSITY

Hug opposite knee to chest

HIGHER INTENSITY

Make large slow circles with the straight leg, alternate clockwise and counterclockwise

11. MONSTER WALK



EQUIPMENT / SET-UP:

Mini-band loops: light, med, strong

INSTRUCTIONS:

Band at ankles
Walk forward and back
keep knees and feet wide



LOWER INTENSITY

Lighter band

HIGHER INTENSITY

Heavier Band

12. LATERAL JUMP + VERTICAL JUMP



EQUIPMENT / SET-UP:

Space on floor ~4x8' (no equipment)

INSTRUCTIONS:

Jump to the side with both feet
Quick landing, rebound up to vertical jump
Repeat back and forth



LOWER INTENSITY

Side glide in a squat position, then extend up to your toes and reach for the ceiling without leaving the ground. Repeat back and forth

HIGHER INTENSITY

Add a knee tuck on the vertical jump

