



Sample Workout

EXERCISE 1



HACKY SACKS

- ▶ Stand with feet hip width apart.
- ▶ With a small hop, lift your right leg, with your knee bent and hip rotated open, and tap the inside of your ankle with your left hand.
- ▶ Lower to start position, and repeat with the opposite side.
- ▶ Alternate sides as quickly as is comfortable for the minute.
- ▶ **Modification:** omit the hop.

EXERCISE 2



PRESS UP - PRESS OUT

- ▶ Start holding dumbbells (DB) at shoulder level, feet hip width apart.
- ▶ Keeping your back straight and press the DB straight up and return to start. Curl the DB down and up.
- ▶ Then press DB in front of you at chest level and return DB to start position. Curl the DB down and up.
- ▶ Continue the press up, curl, press out, curl, for the minute. Be mindful not to over arch with your back or swing the weights.
- ▶ **Modification:** Omit the weights or sit down to do the exercise.

EXERCISE 3



SLIDING MOUNTAIN CLIMBERS

- ▶ Using sliders under your feet (Use towel if you are on a hard floor or paper plates if you are on carpet), start in high plank position.
- ▶ Then, as if you were actually running, pull one knee toward your chest, dragging your foot on your "slider" along the floor. As you push that leg back, pull the other knee forward. Quickly continue running or "climbing" in place for one minute.
- ▶ **Modification:** Holding a chair anchored against the wall, bring alternating knee forward.