

Instructions: Click on an exercise, yoga pose, or mindfulness activity below to view a short demonstration video.

Warm Ups

Upper Body

1. Air Drumming
2. Air Jump Rope
3. Air Punches
4. Arm Circles
5. Jumping Jacks
6. Seal Jacks

Lower Body

1. Butt Kickers
2. Heel Walks
3. High Kicks
4. Knee Hugs
5. Quad Stretch
6. Toe Walks

Core

1. Heel Scoops
2. High Kicks
3. Running Arms
4. Side Bends
5. Spider Lunges
6. Toe Touch

Agility

1. High Knees
2. Ice Skaters
3. Inch Worms
4. Single Leg Balance
5. Skip Forward/
Backward
6. Toe Walks

Fitness Movements

Upper Body

1. Bicep Curls
w/ Ankle Bands
2. Hand Walks
3. High Plank
4. Inch Worms
5. Incline Push Ups
6. Plank High 5's
7. Push Ups
8. Rows w/ Sandbell
9. Shoulder Taps
10. Y's, T's & W's

Lower Body

1. Back Lunges
w/ Sandbell
2. Calf Raises
3. Duck Walk
4. Side Lunges
5. Single Leg Balance
w/ Sandbell
6. Single Leg Toe Touch
7. Squat Hold
w/ Kettlebell
8. Squat Jumps

Core

1. Bicycles w/ Sandbell
2. Crab Toe Touch
3. Kickouts
4. Mountain Climbers
5. Seated Flutter Kicks
6. Seated Heel Drops
7. Side Bend
w/ Kettlebell
8. Stand up Bicycles
w/ Sandbell
9. Tic Tocks

Agility

1. Bound
2. Hoop Jump
3. In, Out, In, Out w/
Agility Ladder
4. Leg Hops
5. Skiers
6. Speed Hand Walks
7. Speed
Mountain Climbers
8. Twists

Cooldown Stretches

Upper Body

1. Cross Body
Shoulder Stretch
2. Shoulder Stretch
3. Triceps Stretch

Lower Body

1. Flamingo Stretch
2. Toe Touches

Core

1. Standing Side Reach
2. Toe Touch Twists

Agility

1. Crossed Toe Touch
2. Toe Touch Twists

Yoga Poses

Upper Body

1. Bridge Pose
2. Cobra Pose
3. Spinal Twist

Lower Body

1. Malasan
(Yogi Squat)
2. Supine
Spinal Twist
3. Wide-Legged
Forward Fold

Core

1. Butterfly Pose
2. Seated
Spinal Twist

Agility

1. Downward
Facing Dog
2. Lizard Pose
3. Pigeon Pose

Mindfulness

1. Body Scan
2. Heartbeat Exercise
3. Mindful Bubbles
4. Mindful Posing