

3 to 5 Rounds | 8 to 10 Repetitions per exercise | 2 to 3 minute rest in between rounds

Seated Knee to Armpit



- Sit with back tall & away from the chair
- Feet hip-width apart, knees over ankles
- Abs tight & shoulder blades back & down
- Arms bent 90 degrees & elbows a little lower than shoulder-height
- Alternate lifting knee out to the side & up towards elbow, at the same time bring elbow towards knee

Wall Squat



- Place back & shoulders on the wall with feet shoulder-width apart & planted firmly on ground
- Slowly lower into a squat position, no lower than 90 degree angle at knees
- Keeping back on wall, slowly raise your body up to starting position

Wall Plank



- Stand with your body angled towards the wall
- Place forearms on wall & elbows directly in line with shoulders
- Abs tight, shoulder blades pulled back & down
- Continue to breathe & hold position for 10-15 seconds

Seated Frankenstein Kicks



- Sit tall, feet hip width apart, knees over ankles
- Abs tight, shoulder blades pulled back & down
- Arms extended at shoulder height
- Bring both arms down as you lift one leg up; keep your leg as straight as possible, do same amount of reps with each leg!

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Lateral Knee to Armpit



- Tall spine, head in neutral position
- Elbows bent 90 degrees, arms facing the sky
- Knee lift to armpit
- Keep upper body tall
- Make sure to do same amount of reps on each side!

Sumo Squat



- Tall spine, head in neutral position
- Position feet a little wider than shoulder width apart
- Bend your knees maintaining a tall spine
- When your thighs are parallel to the ground, return to standing position

Knee Plank



- Stabilize your body on your forearms & knees
- Long spine & head in neutral position
- Keep core flexed
- Continue to breathe & hold position for 10-15 seconds

Frankenstein Kicks



- Tall spine, head in neutral position
- Arms extended above your head
- Straight leg front lift bringing arms to meet leg in front of body
- Make sure to do the same amount of reps for each leg!