

Do these 2 circuits 3x through for a great complete workout or break them up into 5, 10 or 20 minute workouts to sprinkle into your days

Strength Circuit:

1. **Kneeling leg lifts: 20x/side**
2. **Kneeling leg kicks (Standing if you have shoulder pain): 10x**
3. **Side plank with reach and crunch: 10-15x/side**
Shoulder pain modification (or add on!) - The LUGE: 30x
4. **Stutter Steps: 20x/side**
5. **Yoga Squats: 10x**
6. **Inch worms: 10x**
Modification (or add on!) - Supermans: 10-15x
7. **Single leg toe touch: 10-15x**

Cardio circuit:

1 minute of each of the following exercises:

1. **Line jumps:** Jump with two feet together side to side over a line or small object (you can also step or jump from one foot to the other - just lift the knees nice and high). If you need to rest, don't stop, just move to the low impact version.
2. **Sit down stand ups or your squat of choice** (pictured below: Sumo Squat Box Lifts).
3. **Plank jacks** (or jumping jacks if you have back neck or shoulders).
4. **Jog or march in place with high knees**
5. **Speedskaters:** Keep the back flat, chest open and abs pulled in! Jump side to side from one foot to the other. Like you're jumping back and forth over a small stream or something.
6. **Option to add a minute of lunges or jumping lunges** - bonus if you do a minute on each side!

1. Kneeling leg lifts: Start on your knees and lean to the side to place one hand on the floor for support. Pull in the belly button and keep the chest open with shoulders back and down. Lift the outside leg up and then tap it back down on the ground. Repeat. These are great to help strengthen the muscles around the SI joint. You can also add some extra leg circles after you're done with the leg lifts - 5 or 10 in each direction if you want to add a bit more! If you have shoulder pain, you can do them standing (pictured below) - keep the belly pulled in, shoulders away from the ears and the tushie squeezed in the standing leg! **20x**



2. Kneeling leg kicks: Start on your knees and lean to the side to place one hand on the floor for support. Pull in the belly button and keep the chest open with shoulders back and down. Lift the outside leg up and then swing it back as far as you can. Keeping it lifted, swing it forward as far as you can (you can bend a bit in the spine here if you want to get a bit more range of motion! Keep the leg lifted as you go back and forward. **20x**



Standing leg lift and leg kicks modification - if you have any shoulder or wrist pain:





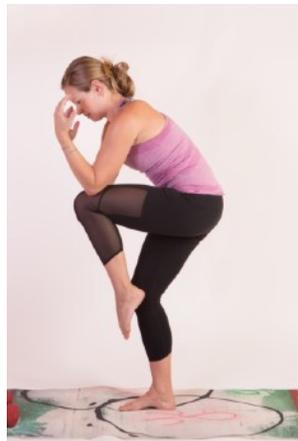
3. Side plank with reach and crunch (shoulder pain modification - luges - pictured below) - Lie on your side with the bottom knee bent. Extend the top leg and reach it back while you reach your top arm overhead away from the extended leg. As you pull the top knee in, lift the hips off the floor and bring the top elbow to meet the knee. Then drop the hips back down and extend. **Repeat 10-15x per side!**



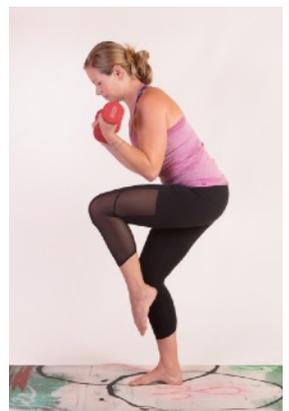
Shoulder pain modification (or add on!): The LUGE -

Lie on the back with your feet flat on the ground and knees bent. Curl the head neck and shoulders off the ground and reach toward one heel. Stay crunched as you lean to reach for the other heel. **Go back and forth side to side 30x.** Rest as needed to make sure the work stays

4. Stutter Steps: Start in a lunge with a straight back leg and torso tipped forward. Reach the arms up overhead and bring the back knee in while you bring the arms in. Keep the abs engaged and back flat through the whole movement. You should feel your abs working, not your lower back. Your weight should be in the front leg and the front leg remains bent the whole time. The back leg just taps back. **20x per side.**



Add a bicep curl to make it harder!

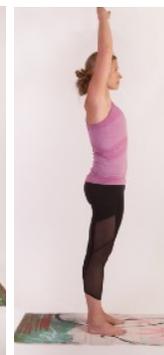
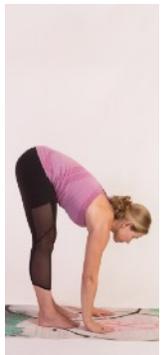


5. Yoga Squats: Keep the feet wide and turned out. You can start standing or in the squat position. Use your glutes to keep your knees out over your toes as you move into a low squat position. Make sure your weight is in your heels and not in the balls of your feet and use the tush muscles to help keep the knees pulled out so the knees and feet don't roll inward. Try to keep the chest as perpendicular as possible throughout the movement. Keep the chest open and the belly button pulled in. Shoulders are back and down. **Do 10 of these.**

*If you have knee or hip pain, do sumo squats instead - ie. just lower a far down as feels comfortable



6. Inch worms: stand with feet together, place hands on the ground and walk out to plank and then walk back in to stand. Repeat 10x. You can add 3x jump ins (or push ups!) when you reach plank to make it harder!



Option to add Jump ins:



Shoulder or wrist pain modification - Supermans: -



Start lying on the tummy. Keep the belly button pulled in as you lift the head, arms and legs up off the ground and hold 2 seconds. **10-15x.**

7. Single leg toe touch: Stand on one leg - keep the back flat and kick the free leg back and keep it in line with the spine as you tip forward and try to touch the toe (with your opposite hand or weight). You may bend your leg a bit for flexibility but don't bend in the spine or hip of the free leg. Come back up and keep the free leg off the ground as you reach up with the opposite arm. If you use a weight, make sure to bring the weight in with a curl and then press up overhead. Keep the belly button pulled in and chest open!
10-15x/side (until it burns the tush)



Pics of Cardio exs:

1. Line jumps



2. Box Lifts



3. Plank jacks



4. Jog or march in place with high knees



5. Speedskaters:



6. Option to add a minute of lunges or jumping lunges

