



WORKOUT OF THE DAY



Core Training

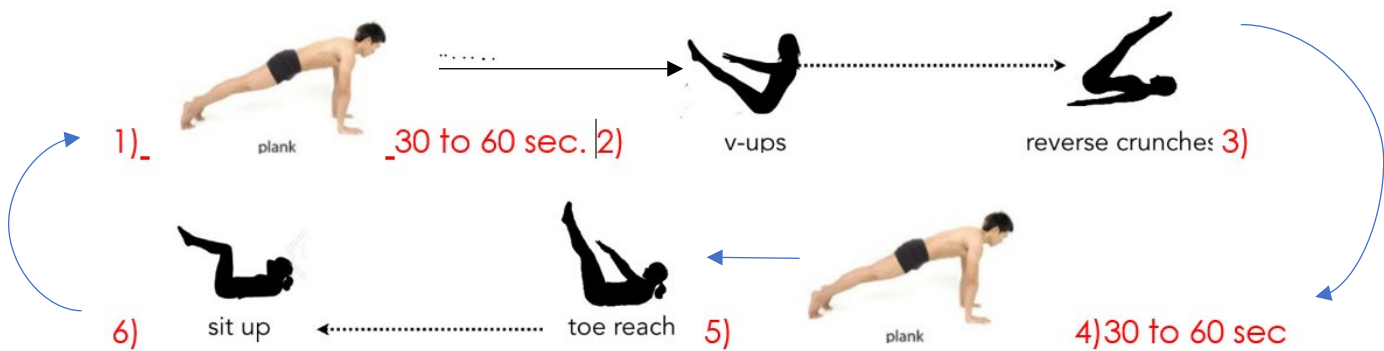
What You'll Need: Floor mat

Recommendations: Remember to take sips of water in between stations, rest when you need to, do what feels right for you, check your heart rate, warm up and cool down are essential.

Warm Up (2X): Lateral walking r/l, high knees, torso twists, hips rolls, side lunges, lateral shuffle, butt kickers, knee bends, and ankle circle.

Strength and resistance training Circuit Training. Complete one minute each station, rest one minute in between sets. Modify adding or removing stations or time according to your fitness level.

Exercises: *time and repetitions can be modified according to your fitness level*



Cool Down: take a 5-minute walk and stretch big muscle groups, holding each stretch for 12-20 seconds.