



WORKOUT OF THE DAY



Stability Ball Core Training

What You'll Need: Exercise Ball, 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): Body weight easy squats, Alternated leg hip rolls, Alternated leg curl with arms curl, easy Lateral walk 4 right 4 left, arms circle, high knee walking. 30 Sec each exercise.

Core Strength Training. Complete 8 to 12 reps X 3 sets each exercise. 30 seconds rest in between sets. Modify adding or removing numbers of rounds according to your fitness level.

Exercises: *(repetitions/time can be modified according to your fitness level)*

Crunches



Leg Curls



Back Extensions



Plank x 30 "to 60"



Bird Dog Stability



Extended Led reach



Russian Twists



Extended led dead bug



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