

Notes :

Choose exercises you are comfortable with
 Start with 1 round of each exercise (15min)
 progress to 2 rounds (30min)
 equipment: weights, chair, band, ball
 exercises 1-9 do not require equipment

1 Shadow boxing warm up



warm up with shadow boxing - jabs, hooks, upper cuts
 you can add 2-5 lb handweights to make it more challenging

Duration: 30sec to 1min Rest: when needed

2 Lunge clock balance



Stand on one leg and reach as far as possible forward sideways and backward with the free foot. Bend your support knee slightly for balance. repeat other leg

Duration: 30sec to 1min Rest: when needed

3 Plyometric Wall push-ups



Stand about 12 to 18 inches away from a wall while facing it and place your hands on the wall at shoulder level. Keeping your shoulders down and back, gradually bend your elbows to bring your face and forearms push your arms away and hands off the wall and return to pushup.
 You can do regular pushups if this is too challenging.

Duration: 30sec to 1min Rest: when needed

4 1-legged frog



Begin by standing upright on one leg in front of a chair or stool. Push your hips backward-as if you're going to sit down and bend your knee into a single leg squat position-to lightly touch the chair with your bottom or sit if needed. Slowly return to the starting position. Keep your knee aligned with your second toe.

Duration: 30sec to 1min Rest: when needed

5 Mountain climber



With your hands placed on a chair, take a plank position of about 45 degrees with your body straight without bending at the hips. Keeping the body stable and the abdominals tight, lift one knee to the chest. Return to the initial position and repeat with the other leg.

Duration: 30sec to 1min Rest: when needed

6 Squat matrix



Stand up and do the following 6 squatting sequence: (narrow to wide)
squat with your feet together
squat with your heels together (plier squat)
squat with your feet slightly apart
squat with your feet lined up with your hips
squat with your feet wider than your hips
squat with your feet wider than your hips and toes pointing outward (sumo squat)

Duration: 30sec to 1min Rest: when needed

7 Hops



Stand in one place and do small hops with different heights (a few hops at 30%, hops at 50%, and hops at 70% of their maximum).

Duration: 30sec to 1min Rest: when needed

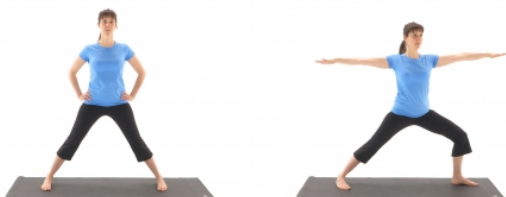
8 1- arm wall pushup



Stand in front of a wall in a plank position holding yourself up with one arm. Do one-arm push-ups towards the wall as low as possible keeping your chin-in and your shoulders and trunk stable. You can use both arms if this is too difficult.

Duration: 30sec to 1min Rest: when needed

9 Warrior Stance



Stand in a lunge position with your arms parallel to the floor. Turn your feet in the direction you will be facing and bend your front knee. Hold this position.

Duration: 30sec to 1min Rest: when needed

10 Baseball swing with band



Stand with a staggered stance and the elastic coming from the opposite side of the front leg
Keep the abdominals engaged and the bottom of the body still.
Rotate the body to the opposite side of where the elastic is coming from.
Repeat other side (band can be folded with a knot and anchored in a doorway with door closed)

Duration: 30sec to 1min Rest: when needed

11 Alternating biceps curls



Start with neutral grip (palms facing each other) and curl the dumbbells up one at a time. Do not swing your arms. Keep your shoulders and shoulder blades in the neutral position. Extend the elbows completely in the bottom position. Light weights 1-3 lbs, moderate 5-10lbs

Duration: 30sec to 1min Rest: when needed

12 Row and kickback



Support yourself on a chair.
Keep your back flat and row a weight. Then extend the elbow.
Reverse the steps to get back to the starting position.
Do not swing the arm: keep the movement under control.

Duration: 30sec to 1min Rest: when needed

13 Star press on ball



Sit on a ball if you have one, otherwise you can do this one standing.
Bring the weights on the top of your head, knuckles facing you, and pull down on your side, keeping the torso stable.

Duration: 30sec to 1min Rest: when needed

14 Superman on ball



Lie with your stomach over a ball while stabilizing yourself with your feet and arms. Your back must be straight, but not arched and your chin must be tucked in. Activate your lower abdominals (transversus abdomini). Maintain a steady abdominal breathing while you lift one foot off the floor and then the opposite arm, keeping your back in neutral position. Return to the initial position and repeat with the opposite arm and leg. Your back must stay straight and stable at all times.

Duration: 30sec to 1min Rest: when needed

15 Ball bounce and catch



Stand with feet hip-width apart, holding a stability ball in front of you with arms straight.
bounce the ball on the floor, catch the ball with both hands in squat position. you can use a smaller ball if needed.

Duration: 30sec to 1min Rest: when needed

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1 Shadow boxing warm up

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2 Lunge clock balance

Duration: 30sec to 1min Rest: when needed

GEN12574



3 Plyometric Wall push-ups

Duration: 30sec to 1min Rest: when needed

XGEN1532



4 1-legged frog

Duration: 30sec to 1min Rest: when needed

GEN192979



5 Mountain climber

Duration: 30sec to 1min Rest: when needed

XGEN1704



6 Squat matrix

Duration: 30sec to 1min Rest: when needed

GEN112851



7 Hops

Duration: 30sec to 1min Rest: when needed

GEN12716



8 1- arm wall pushup

Duration: 30sec to 1min Rest: when needed

GEN13182



9 Warrior Stance

Duration: 30sec to 1min Rest: when needed

GEN106805



10 Baseball swing with band

Duration: 30sec to 1min Rest: when needed

XGEN2195



11 Alternating biceps curls

Duration: 30sec to 1min Rest: when needed

REN9107



12 Row and kickback

Duration: 30sec to 1min Rest: when needed

GEN196401



13 Star press on ball

Duration: 30sec to 1min Rest: when needed

GEN41505



14 Superman on ball

Duration: 30sec to 1min Rest: when needed

GEN3101



15 Ball bounce and catch

Duration: 30sec to 1min Rest: when needed

GEN296879