**STRETCH**

* Shoulder rolls
* Small circles with arms out
* Hamstrings – vertical and bend toes
* Delts- cross over chest
* Triceps- Cross arm over your head and reach to your spine
* Biceps- Wrist / Fingers stretch
* Upper back and thigh- tripod with hands on knee
* Upper back- arms out hands lock and reach down
* Quad stretch- remember to spot!
* Calf- squat with heel out to one side/ switch without getting up
* Leg stretches- over head to right / left / center
* Hip flexor stretch- lean back with knee bent and back to floor
* Child’s pose / downward dog

**WORKOUT**

*\*Each is done for 30-45 seconds with a 15 second rest between each\**

* Mountain climbers
* Squats
* burpees
* jumping jacks
* push-ups
* lunges
* shoulder taps
* skaters
* walk out (inchworms)
* squat jumps
* surrender squats

**ABS**

* crunches
* Russian twist
* toe touches
* V-Sit
* sit-ups
* heel touches
* BJJ sit-ups
* bicycle
* opposite arm reach
* scissor
* flutter kick
* donkey kicks
* leg raises
* Plank- left / right / center