

**WARM UP**

- Jogging Warm-Up – One “greenie”
  - Gorilla Walk – F, B
  - Lunge Walk – F, B
  - Stretching sequence (10-20 seconds each):
    - Elongation Stretch - Feet together, straight down and try to reach your toes
    - Elongation Stretch - Feet apart, reach to the right and try to reach your toes. Repeat to the other side.
    - Knees, Hips & IT Bands - Right crossed over left, reach for your left foot and push your hip out to the left. Repeat to side (left over right)
    - Quad & Hip Flexor Stretch – lift foot up behind you, hold at the ankle. Repeat to other leg.
    - Glute Stretch – Lift foot in front of your body making a figure 4. Keep back straight and support leg at ankle/shin not at the foot. Repeat with other leg.
    - Calf Stretch – In a push up position, place right foot on top of left heel and push down. Repeat with other leg.
    - Butterfly Stretch – Sit on the ground with bottoms of your feet together. Keep back straight or slightly arched back. Push down on knees (butterfly wings) and/or move feet in closer to your body for a better stretch.
    - Pretzel Stretch – with left leg straight, pull right leg up and over left and twist body over right leg to stretch back and hips. Repeat to other side.
    - Cross Arm Shoulder Stretch – reach one arm across your body and pull it in with the other. Repeat with the opposite side
    - Triceps Stretch – Reach arm over back and put downward pressure on the elbow with the opposite hand. Repeat to the other side.
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**CIRCUIT 1 – 30, 45, 60**

- A. Squat Jumps
  - B. Burpees
  - C. Ice Skaters
  - D. Mountain Climbers
  - E. Rest
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**CIRCUIT 2 – 30, 45, 60**

- A. Stability Plank (Soccer Ball)
  - B. Russian Twist
  - C. Standard Crunches
  - D. Windshield Wipers
  - E. Rest
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**COOL DOWN**

- Repeat stretch sequence