

Warm-up	
Exercise	Coaching Tip
Deep Inhale/Exhale	The goal is to prepare your body for exercise
Standing Calf Raise	10 reps slow, 10 reps fast
Neck Stretches	Stand tall; 30sec tilt head to left, 30sec to right, 30sec chin to chest, 30sec tilt back
Shoulder Rolls	wide arm circles forward 4 reps, backwards 4 reps
Torso Rotation	Rotate torso clockwise 5 reps, counterclockwise 5 reps
Wrist Stretch and Rotation	Stretch wrist up 10sec, down 10sec, rotate 10 sec
Hip Rotation and Ankle Rotation	Lift knee towards outside of body, rotate towards middle body, rotate ankle, repeat

Week 2 - Day 7	
Exercise	Instruction
REST	Warm-Up and Cool-Down only

Cool-Down	
Exercise	Coaching Tip
Deep Inhale/Exhale	The goal is to prepare your body for exercise
Standing Hamstring Stretch	Take deep inhale, on exhale stick hips back and bend forward at hips, arms stretch toward ground
Cat + Cow + Child's Pose	Cat pose 10sec, Cow pose 10sec, Childs pose 10sec, repeat
Downward Dog + Pigeon Pose	Lift into Downward Dog, move one leg forward, lower down into stretch, hold 20sec, lift into Downward Dog, repeat with other leg
Back Roll	Roll forward and back 5 reps
Figure Four Stretch	Hold stretch on each leg for 20sec
Hip Stretch	Hold stretch on each leg for 20sec
Leg Stretch	In seated position, extend one leg while tucking other towards extended one, bend forward reaching toward extended leg, hold 20sec, repeat with other leg
Cobra Stretch	Lie on belly, place palms on floor just behind shoulders, lift chest forward and up off the ground, hold 20sec
Downward Dog	Hold stretch on each leg for 20sec
Hip Stretch	Hold stretch on each leg for 20sec

Notes: