

Healthy Body, Good Spirit, Whole Mind Fitness Series Workout: Breathe



WARM UP

1. High Knees – 30 Seconds
2. Butt Kicks – 30 Seconds
3. Quick Feet – 30 Seconds
4. Jumping X's – 30 Seconds
5. Wide Leg Standing Stretch – 10 seconds
 - a. Wide Leg Left Side Stretch – 10 seconds
 - b. Wide Leg Right Side Stretch – 10 seconds



WORKOUT

1. Squat Pulse – 20 seconds
2. Single Leg Drive
 - a. Left Side - 20 seconds
 - b. Right Side - 20 seconds
3. Wide Squat – 20 seconds
4. Jumping Skis – 20 seconds

BREAK: BREATHE

30 Seconds



WORKOUT

1. Stationary Lunges – 10 a leg
2. Small Quick Side Taps – 30 seconds
3. Reverse Lunge – 10 a leg
4. Slow Toe Taps – 30 seconds

BREAK: BREATHE

1 Minute



WORKOUT

1. Full Squat – 30 seconds
2. Calf Raises – up and down – 30 seconds
3. Calf walks – back and forth – 30 seconds
4. Calf Raises – up and down – 30 seconds
5. Calf Walks – 30 seconds
6. Calf raise hold – 30 seconds

BREAK: BREATHE

30 Seconds



WORKOUT

1. Forward Squat to Lunge – 16 a Side
2. Breathe – 30 seconds
3. Reverse Squat to lunge – 16 a side
4. Breathe – 30 seconds
5. Squat – 30 seconds



COOLDOWN

1. Cobblers Pose – 12 seconds
2. Right Hamstring Reach – 10 seconds
3. Left Hamstring Reach – 10 seconds
4. Leaned Back Right Hamstring Reach – 10 seconds
5. Leaned Back Right Hamstring Reach – 10 seconds
6. Leaned Back Left Hamstring Stretch – 10 seconds
7. Leaned Back Left Glute Stretch – 10 seconds
8. Leaned Back Right Glute Stretch – 10 seconds
9. Leaned Back Left Glute Stretch– 10 seconds
10. Leaned Back Right Glute Stretch– 10 seconds
11. Sitting Toe Reach – 10 seconds
12. Calf Stretch Right Leg – 10 seconds
13. Calf Stretch Left Leg – 10 seconds

