

Gold Dryland

Feel free to add 2 laps jog around the yard, in between the exercises.

Exercises:

dynamic stretch

20 jumping jacks

20 squats

20 streamline jumps

20 lunges in place (on each leg)

(1 min wall sit)

20 shoulder taps (on each side)

20 elbows to hands and back (20 on each side)

20 push ups

20 burpees with pushup and a jump

(1 min plank)

20 Russian twists

20 elbow to opposite knee (on each side)

20 penguins (hands to ankles) - on each side

20 crunches with legs stretched out in front of you

20 crunches with knees bent and feet flat on the

20 crunches with knees bent and feet in the air (calves parallel to the ground)

20 V-ups

(1 min 6" inches)

20 around the world (streamline on stomach, lift hands and feet of the floor, move hands to hips and back to streamline)

45s cat pose (on hands and knees arch back to the ceiling)

45s child pose

20 on each side opposite hand and leg extension stretch

20 open book stretch

20 reach shoulder stretch