

Things that you will need for this workout:

1. External resistance (appropriate for your age/skill) such a water bottle or light dumbbell
2. 2 chairs (regular chair 4 legs and flat seat) make sure they are stable and don't easily tilt or slide away.

Activation & Warm up:

- 1) Part I:
 - a) Skip high knee
 - b) Reverse step toe touch
 - c) Side shuffle
 - d) Karaoke
 - e) Side leg swing (be next to a wall or chair for support)
 - f) Side shuffle
 - g) Side lunge opposite foot touch
 - h) Sitting into lunge and side stretch
- 2) Part II:
 - a) Jumping jacks ⇒ Plank on elbow
 - b) Jumping jacks ⇒ Plank legs jacks (on elbow)
 - c) Jumping jacks ⇒ Plank side step and side jump (on elbow)
 - d) Jumping jacks ⇒ Plank legs jacks (on elbow)
 - e) Jumping jacks ⇒ Plank lift & hold one arm-leg up (on elbow)
- 3) Part III:
 - a) Shoulder exercise:
 - b) Row (use an external weight appropriate for your age/skill)
 - c) Extension
 - d) Scapular push-up with arm-leg lift

FITNESS

- 1) Plank with chair:
 - a) Knee to elbow
 - b) Hips rotation
 - c) Side step ⇒ side plank
- 2) Jumps:
 - a) Squat jump
 - b) Roll into jump
 - c) Lunges jump
 - d) Burpees
- 3) Exercise with 2 chairs:
 - a) Vertical tuck-up
 - b) Bridge
 - c) Reverse plank on triceps
 - d) Down-down/up-up ⇒ Leg swing
 - e) Pectoral