



LIVING SPRINGS

R E T R E A T

Virtual Exercise Workout

Dynamic Warm-Up Stretches, 1 minute each:

- ❖ Side-To-Side Step Touch
- ❖ March in Place/ Jog in Place
- ❖ Bend Over Reach Down
- ❖ Juggle-The-Ball
- ❖ Kick-The-Ball
- ❖ Side Bend Reaches
- ❖ Arm Swings
- ❖ Rowing
- ❖ Squats
- ❖ Hip Flexor Stretch
- ❖ Hug-The-Knee & Ankle Roll
- ❖ Fast Feet (10 seconds x 3 sets) (Rebounder option)
- ❖ Jumping Jacks (15 seconds x 2 sets) (Rebounder option)

Circuit #1:

- ❖ 10 Squats
 - ❖ 10 High Pulls on right side
 - ❖ 10 High pulls on left side
 - ❖ 7-7-7 Overhead Presses
 - ❖ Crawl Outs (1 minute)
- (Repeat Circuit #1)

Circuit #2:

- ❖ 10 Back Rows + 10 Biceps Curls
 - ❖ 10 Static Lunges on each side
 - ❖ 8-8-8 Floor Chest Press
- (Repeat Circuit #2)

Cool Down Stretches:

- ❖ Supine Hamstring Stretch (hold for 60 seconds)
- ❖ Supine Figure Four Hip Stretch (hold 60 seconds)
- ❖ Prone Upper Back Stretch (Thread-the-Needle, hold for 30 seconds each)
- ❖ Standing Chest Stretch (add head hilt, hold for 30 seconds each)