

Routine W (focus is on balance and tendons):

(reminder: engage your core!)

- balance on one leg (30 sec. each)
- standing leg swings (front/back) (20 on each leg)
- step-ups (10 each)
- stationary lunges (6 each)
- stationary side lunges (6 each)
- single-leg dead lifts (6 each)
- achilles heel drops (10 each)
- shin flexes (laying down, lift a leg, move that foot at the ankle joint so it goes flat – pointed – flat – pointed – etc. AND sitting down, move foot at ankle joint side to side)
- lifts for hip flexors (sitting, lifting both legs)
- bird-dogs (6 each, 2 second hold)
- barefoot towel scrunches (sitting in a chair, 30 sec.)

Routine X (focus is on strength and power):

NOTE: For the first 6 exercises, we recommend using some light weights. You might use books stacked in a box or backpack that you can hold to your chest like a medicine ball.

- calf raises (8 per set)
- squats (8 per set)
- forward lunges (6 on each leg per set)
- side lunges (6 on each leg per set)
- walk forward (20 steps) with a straight back with the weight held high above your head
- twist with the weight (2 second hold on each side) (6 each side per set)
- \*\*\*By end of June, get to 3 sets of each of the above exercises
- plank (1 min.)
- supermans (10) (2 second hold)
- 10 wide push-ups, 10 running-arm push-ups, 5 diamond push-ups
- 6 inch leg lift (30 sec. hold)
- Russian twists (40 total)
- one set of running-arm push-ups (whatever's left in the tank)

Routine Y (focus is on hip strength and mobility):

- around-the-world plank (25 seconds each side)
- clams (regular, reverse, lifted reverse, 6 on each)
- lateral leg lifts (regular, toe up, toe down, 6 on each)
- hydrants (6 each)
- donkey kicks (6 each)
- donkey whips (6 each)
- knee circles (5 forward, 5 backward)
- iron t's (6 each)
- scorpions (6 each)
- hip bridge (90 sec. w/ 6 up-downs)
- t-push-ups (20 total)
- leg swings

Routine Z (focus is on full body wellness):

- windmill touches
- achilles heel drops (8 each)
- calf raises (10)
- wall sit (30 seconds)
- squats (10)
- good mornings (10)
- L-ups (10)
- V-ups (10)
- roll-ups (10)
- iron t's (6 each)
- scorpions (6 each)
- plank (1 min.) with hip dips (6 each)
- swimmers (30 sec.)
- hip bridge (80 sec. or 40 sec. each leg)
- push-ups (2 sets of your choice)
- barefoot towel scrunches (sitting in a chair, 30 sec.)
- 5-10 minutes static stretching