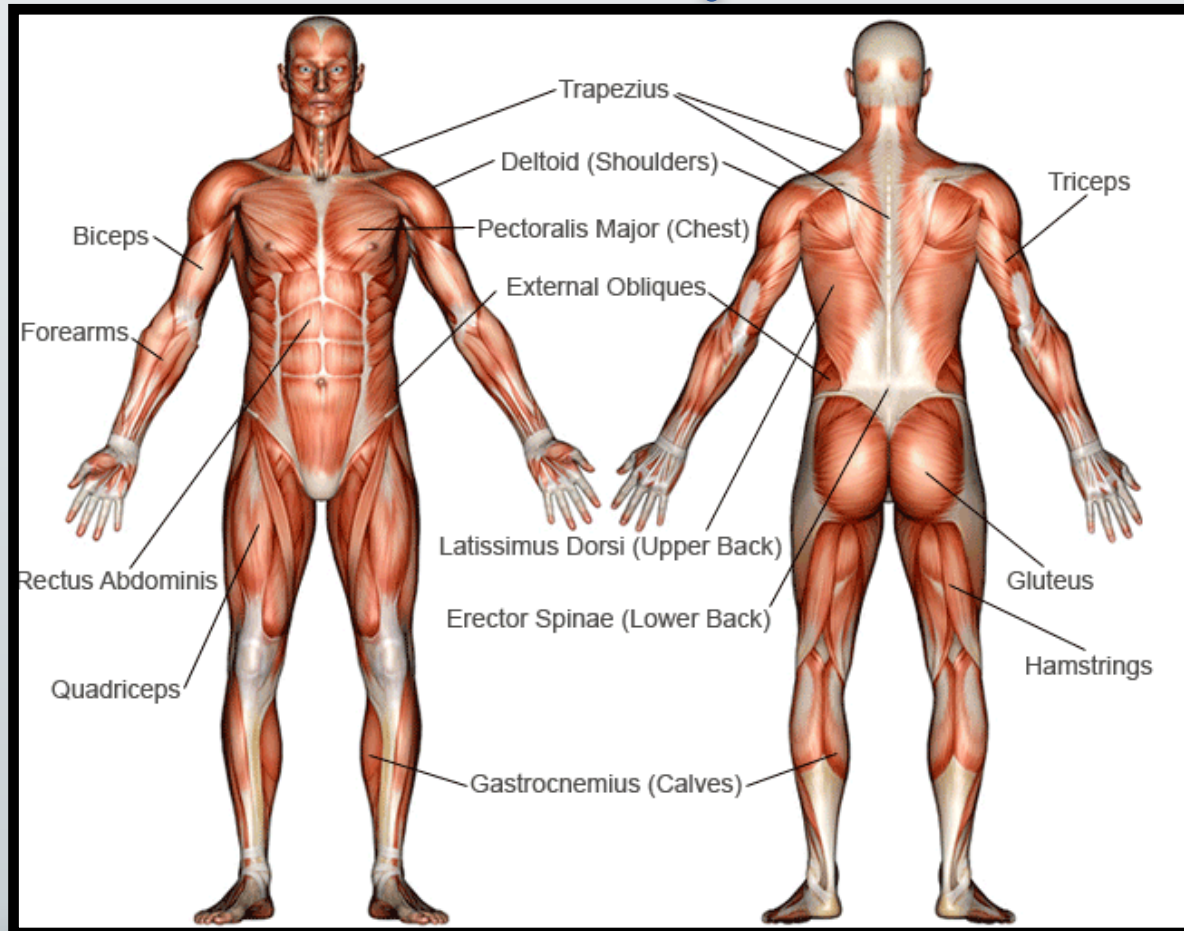
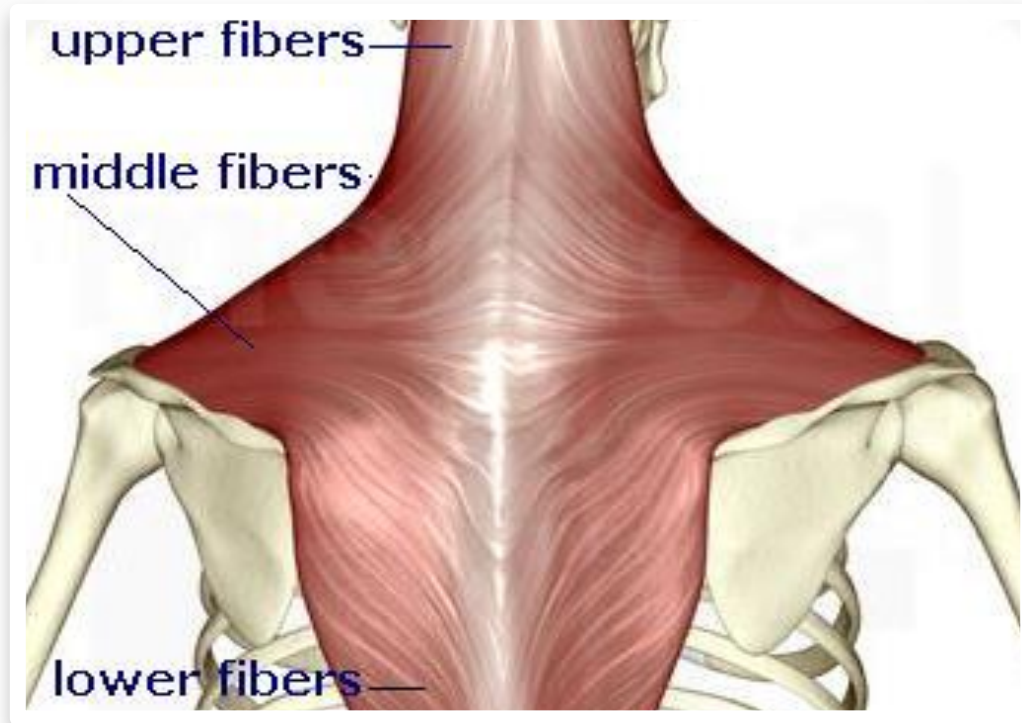


# Stretches and Muscle Groups



# Trapezius

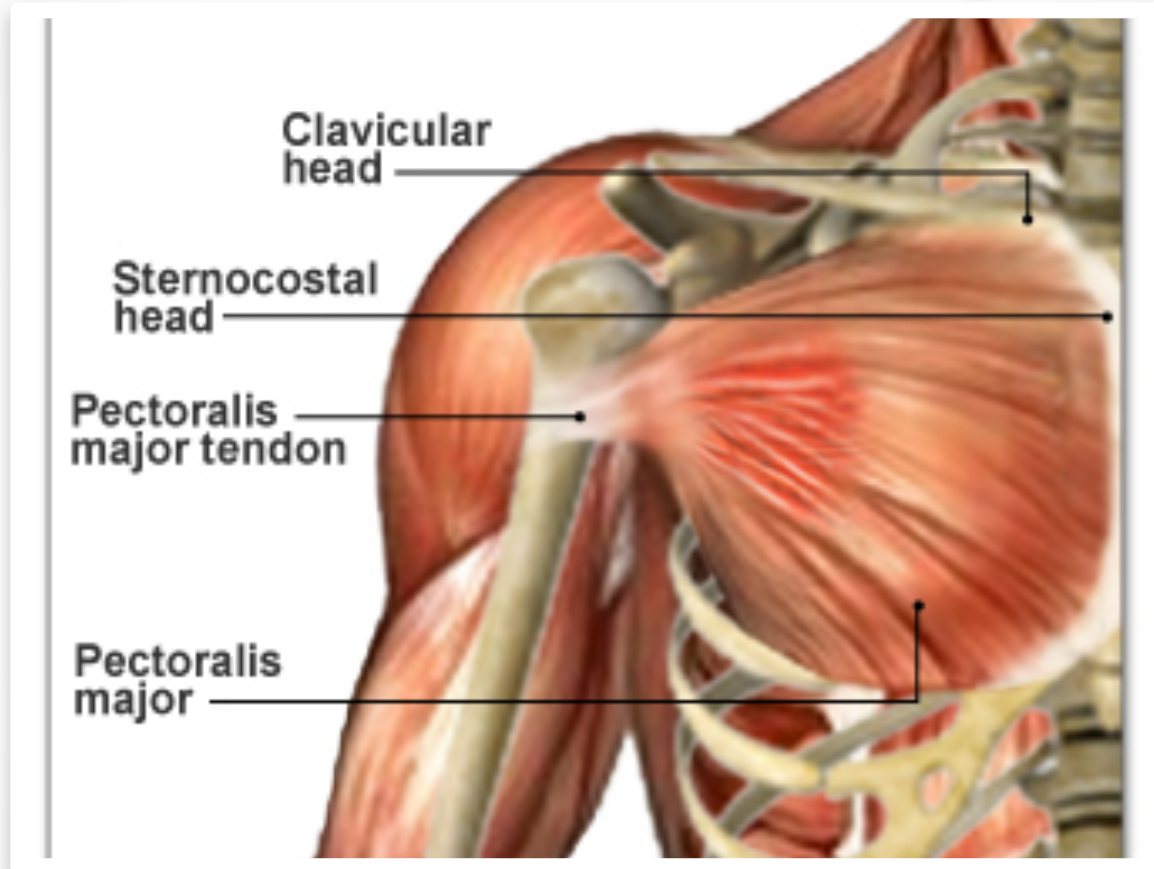


Bring your ear to your shoulder one way. Then the other way and then look down.

## Counting by 2's

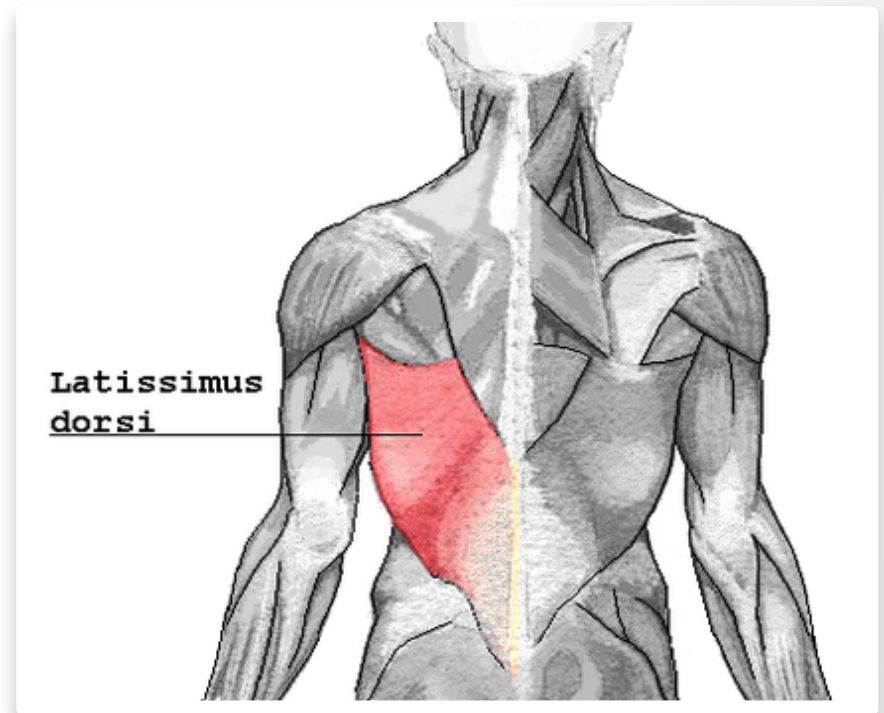
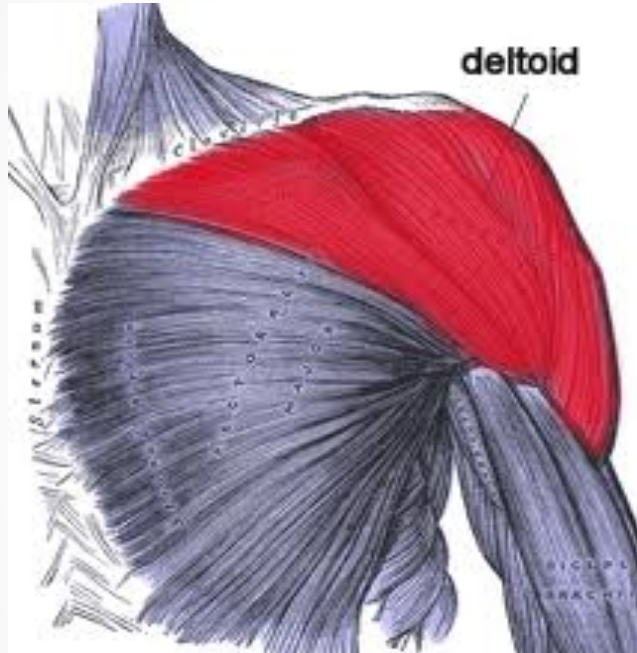
2-4-6-8-10-12-14-16-18-20

# Pectoralis Major



Arm Circles counting by 3's  
3-6-9-12-15-18-21-24-27-30

# Deltoids & Latissimus Dorsi



Counting by 4's

4-8-12-16-20-24-28-32-36-40



# Biceps

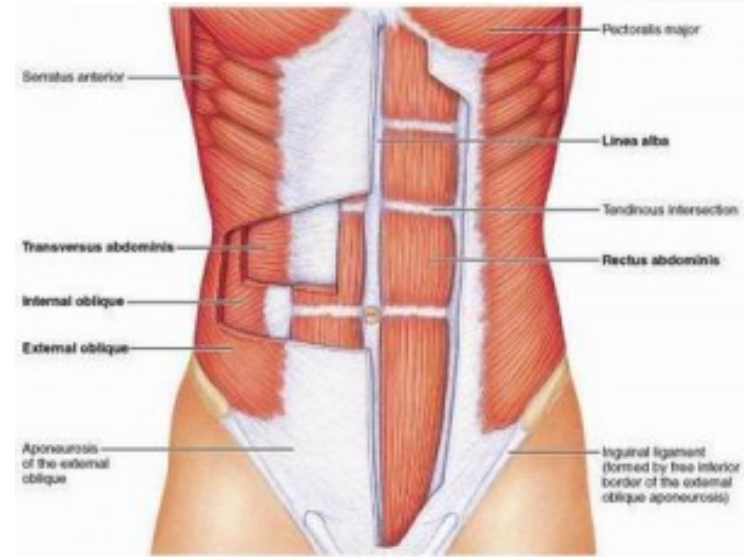


Hold one arms straight out in front of you with your biceps pointing towards the sky and take your other arm and rotate your wrist downwards.

Counting by 5's

5-10-15-20-25-30-35-40-45-50

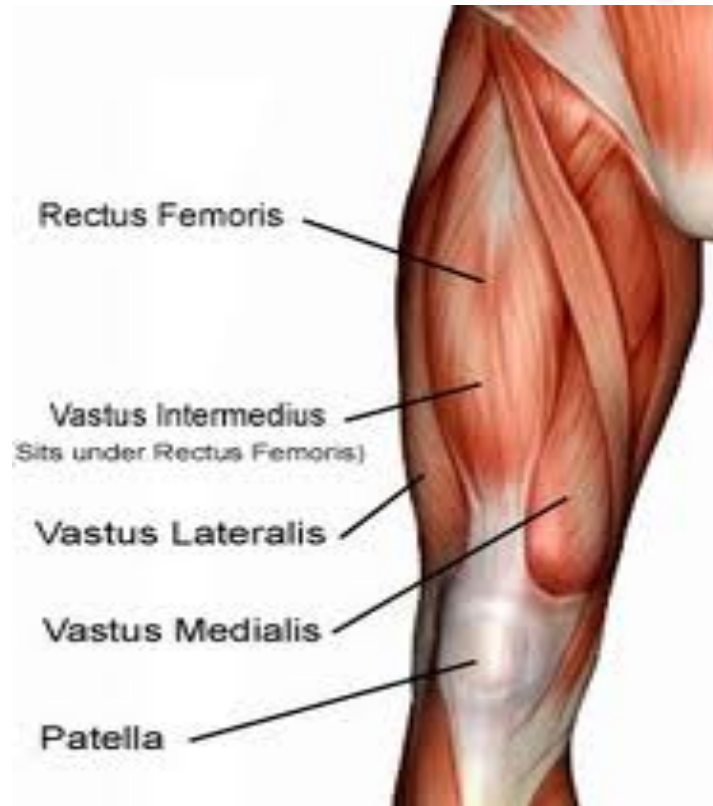
# Triceps & Obliques



Counting by 6's

6-12-18-24-30-36-42-48-54-60

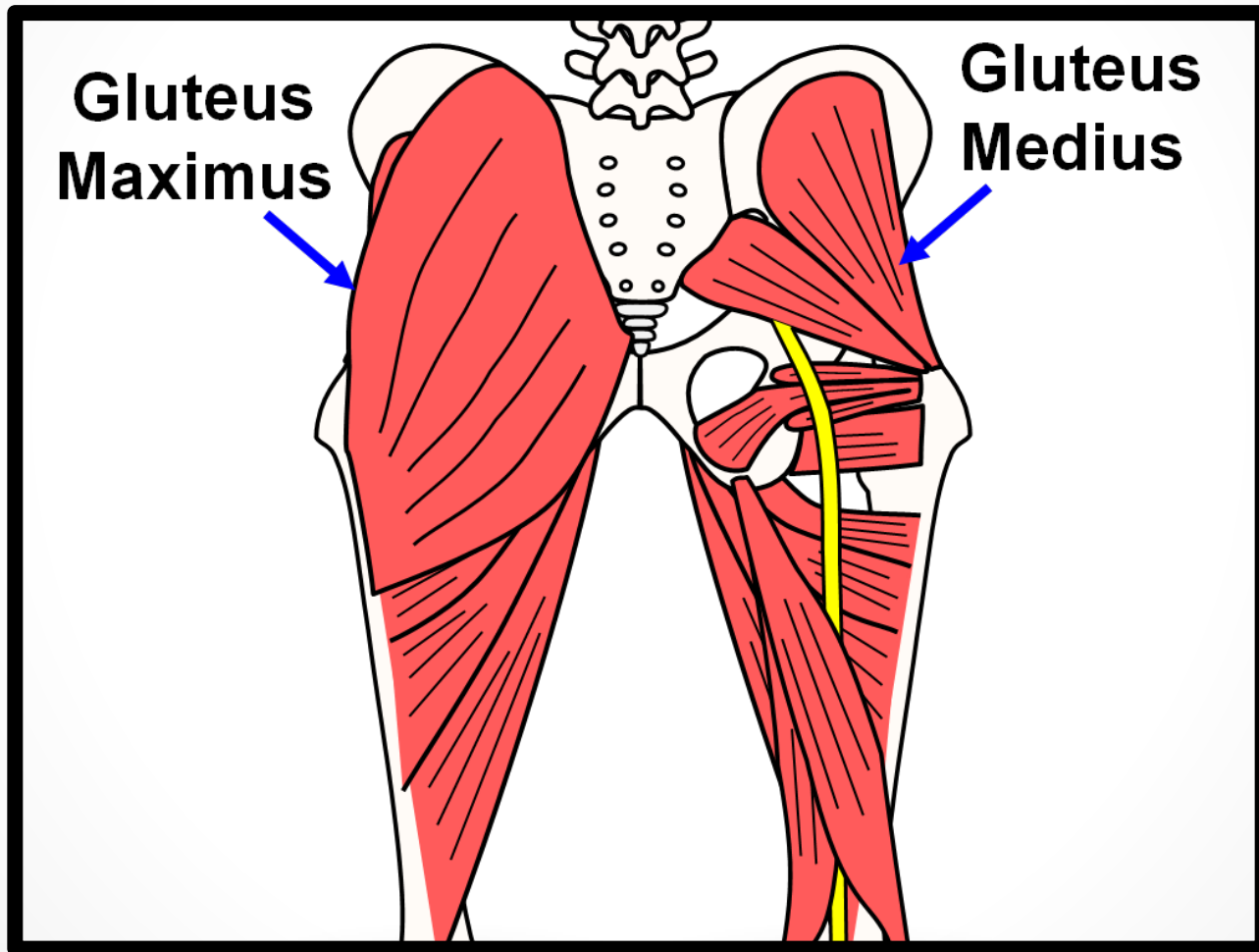
# Quadriceps



Counting by 7's

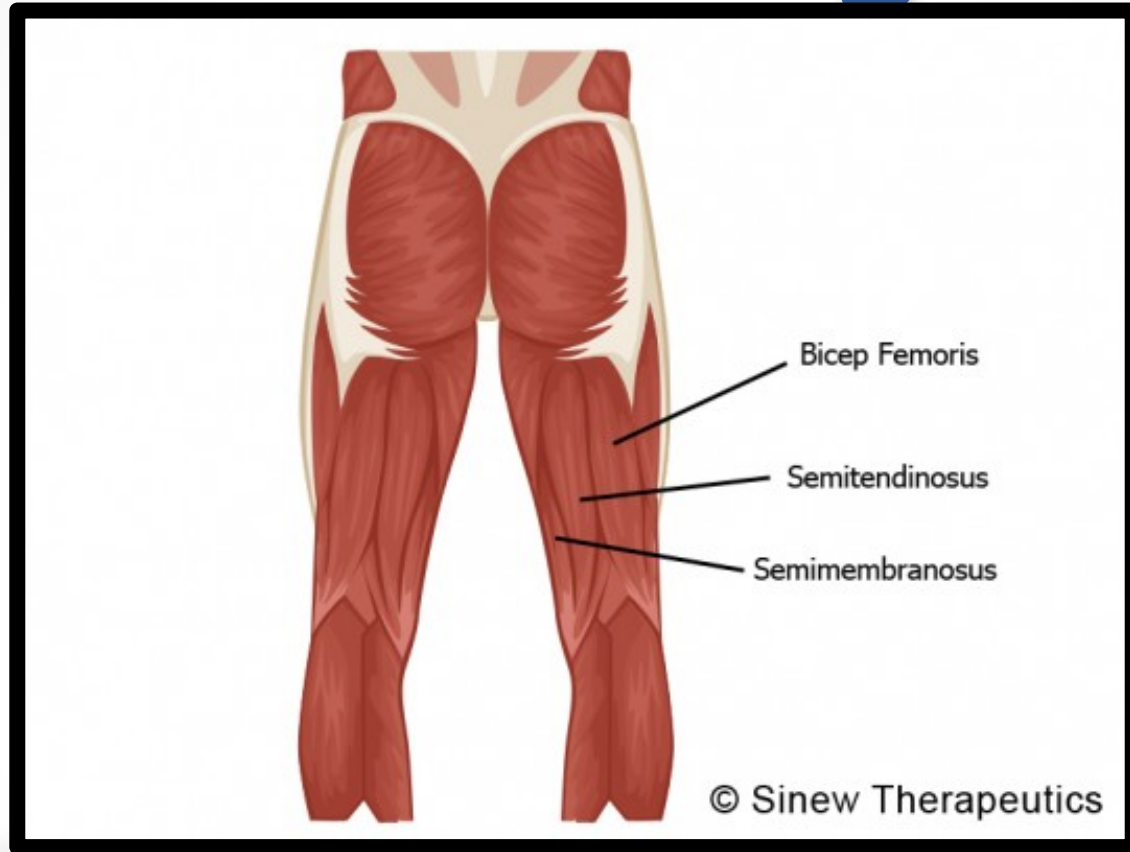
7-14-21-28-35-42-49-56-63-70

# Everybody on your Gluteus Maximus





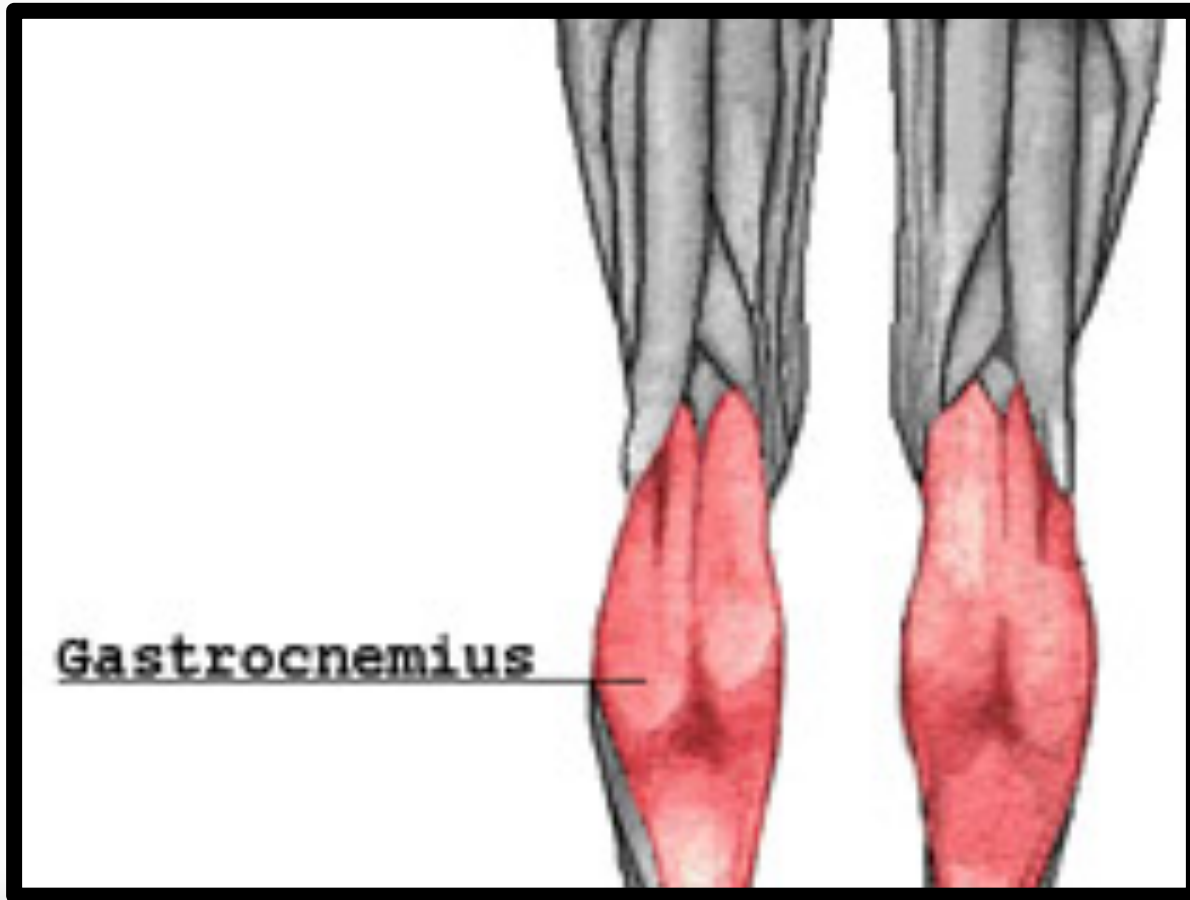
# Hamstrings



Counting by 8's

• 8-16-24-32-40-48-56-64-72-80 •

# Gastrocnemius



Counting by 9's

• 9-18-27-36-45-54-63-72-81-90 •

**I Can** perform the following exercises with correct form, full range of motion while focusing on time under tension as many times as I personally can in 30 seconds.

## **Exercises**

**Push-Ups/Modified**

**Jump-Squats**

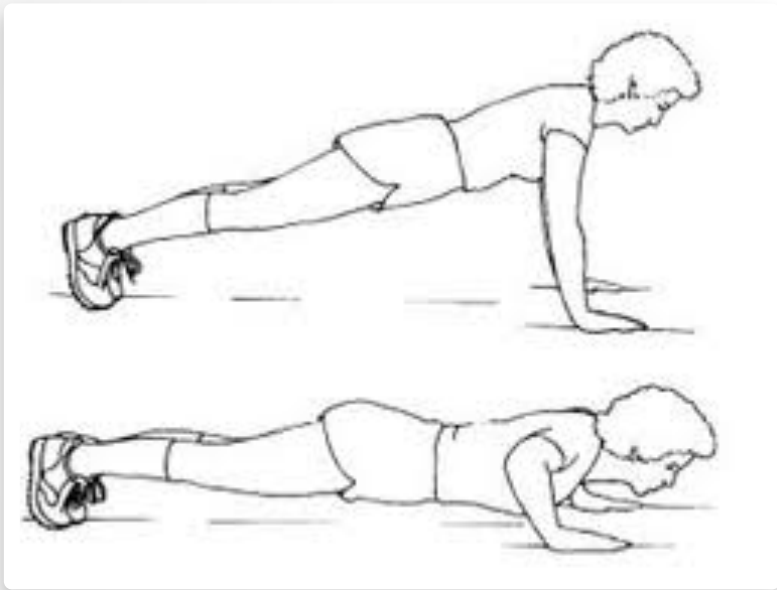
**Crunches/Planks**

**Lunges**

**Burpees**

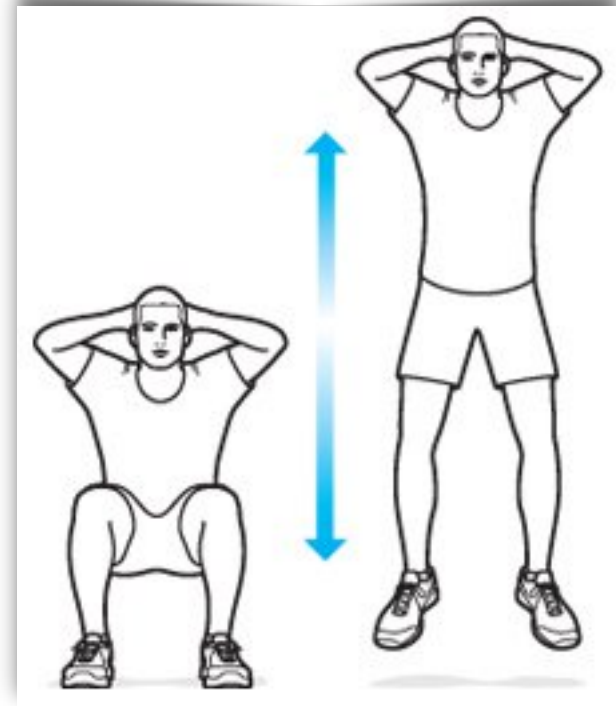
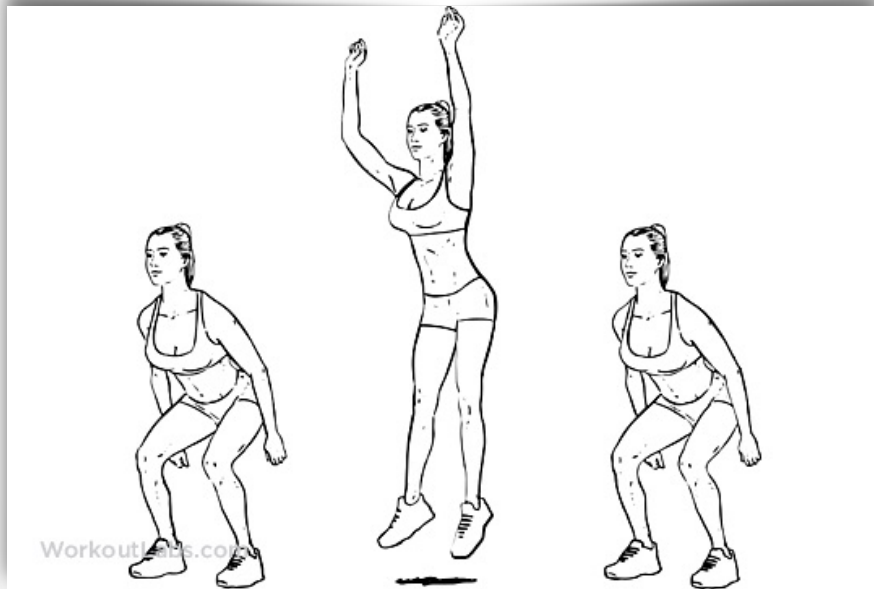
**for 30 seconds each exercise**

# Push-Ups or Modified Push-Ups



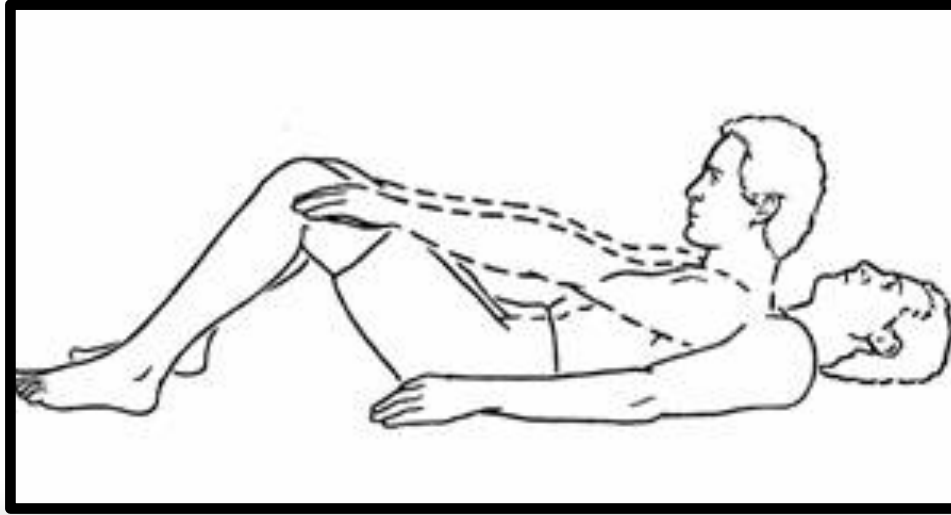
Body is straight as a board from your ankles or knees to your shoulders. – All the way down to the ground and all the way back up.

# Jump-Squats

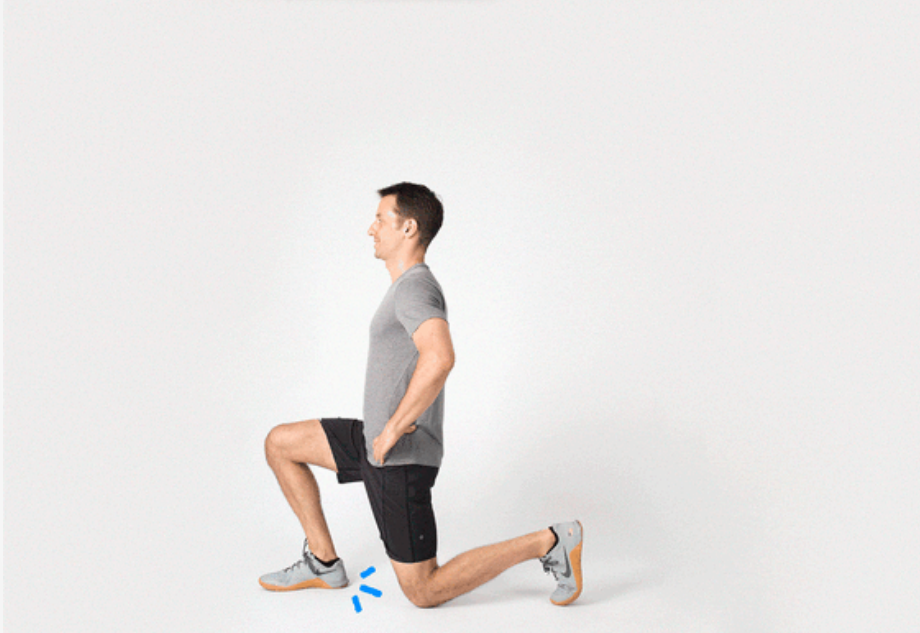




# Crunches &/or Planks

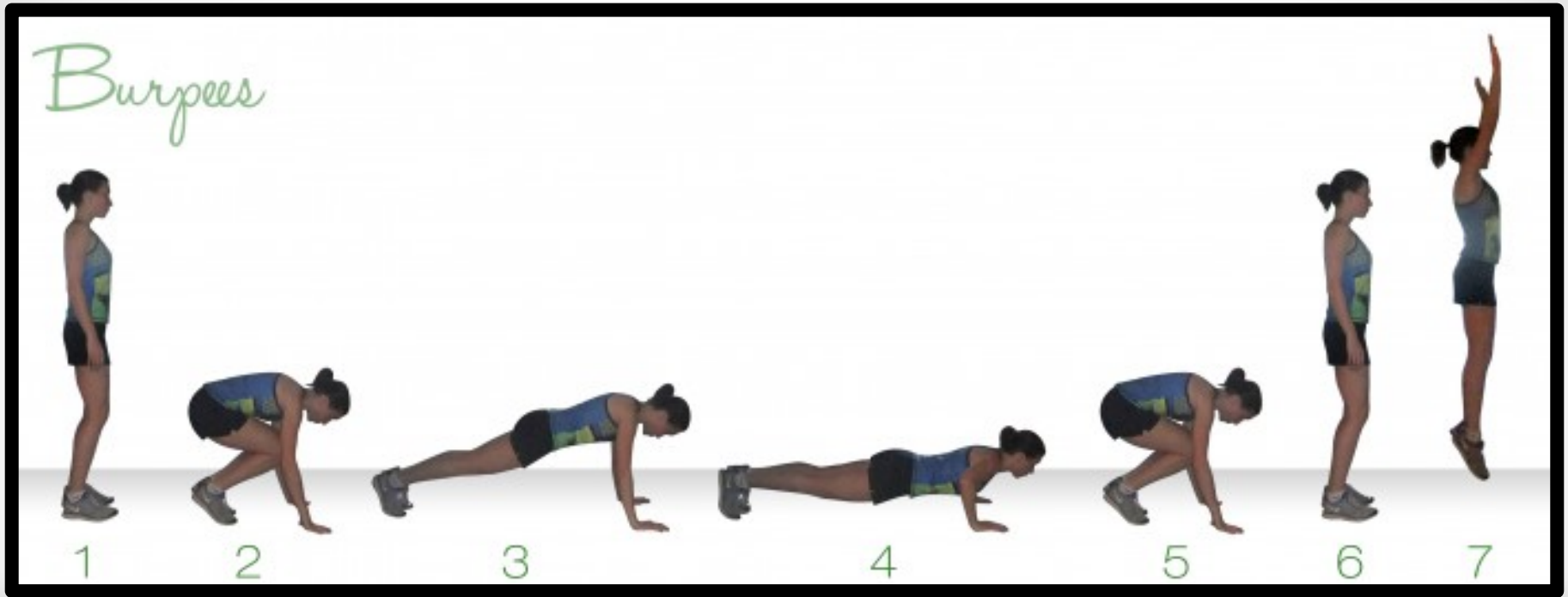


# Lunges



Get your knee as close to the ground as you can without touching it or touch your knee to the ground without slamming it.

# Burpees



And now! The Full Body Workout! Your Favorite!  
The BURPEE!!!