



## **At Home Workout 1**

Rotational Stork in Place 15-20x ea leg

Lateral Duck Walk (travel 3-4 steps one direction, then the other) 30s-1min

Crunches 20x

Prone Hand-Leg Opposites 20x total (10x ea side)

Jumping Jills 20x

Hero Leans 10x

Downward Dog Squats 10-15x

ROM Skip in place (Modification: ROM Stork Walk in place) 30s-1min

***Repeat for a total of up to 3x***

## **At Home Workout 2**

Spread Foot Arm Circles 30s ea direction

Wishbone Kicks 1min

Rotational Hand-Leg Opposites 30s ea side

Jumping Jacks 30s-1min

Lunge Hold with Reverse Pullovers 30s ea leg

Running Butt Kickers in place 30s

Active Cobra 1min

Ski Jumps 30s – 1min

***Repeat for a total of up to 3x***