



ADAPT At-Home Workout

15-20 – Wall Sit with Pullovers

15-20 – Spread Foot (feet wide, thighs and butt tight) Clappers

20 – Spread Foot Glides

10-20 – Lunge Stork (each leg)

Walkout to Push-Ups (knees or toes) 8-6-4-2 or 6-4-2

15-20 – Wide Squats with Reverse Pullover Hold

10-15 – 1 Legged Shoulder Bridges (each leg)

20-30 – Wishbone Crunches

40-50 - Mountain Climbers (each knee drive = 1)

20-30 – Frog Crunches

15-20 – Active Triceps Bridges

20-30 – Toe Touches

10-15 – Rollercoasters (kneeling or standing)

Repeat up to 3x total