

<b>SOBC Super Circuit #2</b>		
<b>WARM-UP</b>	<p><b>PART 1:</b></p> <ol style="list-style-type: none"> <li>1) Walk up and down the stairs at home 3 times (up and down counts as 1) If you don't have stairs at home, do jumping jack, marches, knee drives, and leg swings for 2 minutes.</li> <li>2) 10 arm circles forward</li> <li>3) 10 arm circles backward</li> <li>4) 10 arm hugging swings</li> <li>5) 30 seconds high knees</li> <li>6) 15 jumping jacks</li> </ol>	<b>Repeat 1 time</b>
	<p><b>PART 2:</b></p> <p><b>SL Balance → hold for 30 seconds on each leg/side</b> Standing with your feet shoulder width apart, raise one leg up in front of you as you balance on the other leg. Hold for 30 seconds. If this is challenging try hold the wall lightly, or a chair!</p>	<b>Repeat this 3 times on each side</b>
<b>WORKOUT</b>	<ol style="list-style-type: none"> <li><b>1. Walking Lunges (for 45 seconds)</b> Start with your feet together, step your right leg forward and lunge down bending both knees until the back knee lightly taps the floor. Start to push back up through your front foot and come back to standing with your feet together. Alternate for 45 seconds. You can use wall or chair for support.</li> <li><b>2. Wall or Floor Push-Ups (8-10 reps)</b> Using the wall or the floor you are going to do push-ups. Your body should be in a plank position and you want to lower yourself to the floor, then press back up. Perform this from your knees or from your toes. Try to start on your toes, and if gets difficult move to your knees.</li> <li><b>3. Chair Squats (15-20 reps)</b> Standing about 1 foot away from a chair, you will squat down and tap you bum on the seat and immediately stand back up. Do not let you weight rest in the chair, just tap and up!</li> <li><b>4. Inchworm walk-outs (for 1 minute)</b> Stand with your feet should width apart, reach down to your toes and walk your hands out until you are in a plank position, then walk your hand back to you feet and slowly come back up to standing</li> <li><b>5. Boxer Bunches (for 45 seconds)</b></li> </ol>	<p><b>Complete #1-5 all the way through one after another</b></p> <p><b>take 1 minute rest...</b></p> <p><b>repeat 3 MORE times</b></p>
<b>COOLDOWN</b> Walk for 2 minutes then complete these stretches.	<ol style="list-style-type: none"> <li>1. Slow Shoulder rolls and neck rolls, followed by 3 deeps breaths</li> <li>2. Hamstring stretch – hold for 30 seconds on each side</li> <li>3. Quad stretch – hold for 30 seconds on each side</li> <li>4. Cross-body arm stretch – hold for 30 seconds on each side</li> <li>5. Over-the-head triceps stretch – hold for 30 seconds on each side</li> <li>6. Downward Dog Calf Stretch – hold for 30 seconds each side</li> <li>7. Childs Pose – hold for 30 seconds (emphasizing deep breaths)</li> </ol>	<b>Repeat 1 time</b>

\*\*\*\* you can pick ANY exercises you like for the "WORKOUT" section and use this same workout plan! \*\*\*\*