



1 MINUTE OF QUIET BREATHING 1

Try inhaling deeply through your nose and then exhaling slowly with your mouth closed, creating a slight vibration in the back of your throat.



2 SETS OF 10 PUSHUPS

Choose to be on toes or knees.

3 SETS OF 5 CATS & COWS



6 BIRD DOGS DO 3 SETS

Right + Left = 1 Rep



4 STRETCHES HOLD EACH FOR 30 SECS

5 PLANKS FOR 20 SECS

Hold each for 20 seconds followed by a 10 second rest. Pick your level below!



9 FLOWS DOWNWARD FACING DOG TO CHILD'S POSE



7 SQUATS DO 4 SETS



8 MINUTES OF WALKING BRISKLY

Get outside or hit the mall with or without a friend!



10 REVERSE LUNGES TWO SETS

11 JUMPING JACKS DO 4 SETS

Tap to the side for lo-impact option.



12 SHOULDER TAPS IN PLANK POSITION do each side

13 THORACIC ROTATIONS

ON EACH SIDE



13



14

14 SUMO SQUATS

DO 3 SETS

15 MINUTES

OF BRISK WALKING
OR JOGGING



15

16 SECONDS

AIRPLANE POSE
REPEAT 3 TIMES



16

Hold airplane pose for 16 seconds.
Do this on both sides.

17



17 BACK EXTENSIONS

DO 2 SETS

18 LATERAL LUNGES

DO 2 SETS

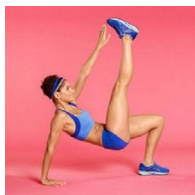
Right + Left = 1 Rep

18



19 CRAB CROSS TOUCHES

Right + Left = 1 Rep



19

20 MINUTES

OF BRISK WALKING
OR JOGGING



20

21 SECONDS

HOLD A DEEP MOBILITY
SQUAT FOR 21 SECONDS
REPEAT 4 TIMES



21

22 CHAIR SQUATS



22

23 SECONDS

OF MOGUL TWISTS
REPEAT 4 TIMES



23

24 MARCHING BRIDGES

DO 3 SETS



24



25 MERRY CHRISTMAS

25 SECONDS OF MOUNTAIN CLIMBERS
REPEAT 4 TIMES