

SOBC Super Circuit		
WARM-UP	<p>PART 1:</p> <ol style="list-style-type: none"> 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. 2) 10 arm circles forward 3) 10 arm circles backward 4) 10 arm hugging swings 5) 30 seconds high knees 6) 15 jumping jacks 	Repeat 1 time
	<p>PART 2:</p> <p>SL Balance → hold for 30 seconds on each leg/side 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>	Repeat this 3 times on each side
WORKOUT	<ol style="list-style-type: none"> 1. Bodyweight squats (15 reps) Make sure to keep your chest up and squat down like you are sitting into a chair. Do the full range of motion and squat as low as you comfortably can 2. Plank (for 45 seconds) Perform this from your knees or from your toes. Try to start on your toes, and if gets difficult move to your knees. 3. Lunges with press overhead (10 each side) (Start with your feet together holding a can of soup in one hand, and step on leg backward into a lunge, at the bottom press the can of soup up over your head, continue this for one minute, alternating with leg steps forward. 4. Inchworm walk-outs (for 1 minute) 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 5. Knee drives/high knee (for 30 seconds) 	<p>Complete #1-5 all the way through one after another</p> <p>take 1 minute rest...</p> <p>repeat 3 MORE times</p>
<p>COOLDOWN Walk for 2 minutes then complete these stretches.</p>	<ol style="list-style-type: none"> 1. Slow Shoulder rolls and neck rolls, followed by 3 deeps breaths 2. Hamstring stretch – hold for 30 seconds on each side 3. Quad stretch – hold for 30 seconds on each side 4. Cross-body arm stretch – hold for 30 seconds on each side 5. Over-the-head triceps stretch – hold for 30 seconds on each side 6. Downward Dog Calf Stretch – hold for 30 seconds each side 7. Childs Pose – hold for 30 seconds (emphasizing deep breaths) 	Repeat 1 time

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