

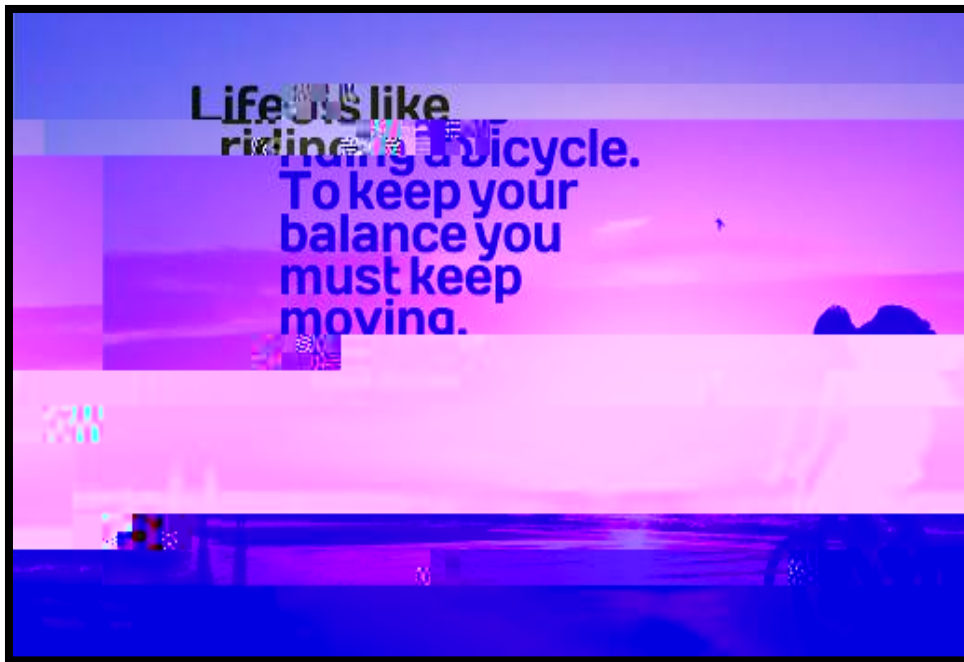
Ways to Mix up Your Weekly Workout Routine

Each class will have 10 exercises listed for the whole week. Switch up your routine daily with the examples below to prevent boredom:

Day 1: Repetitions (between 10-15 repetitions for each exercise depending on your comfort level)

Day 2: Time - 1 Minute for each exercise (repeat 2x for a longer workout)

Day 3: Dice Workout (see attached PDF, 2 dice needed)



Cool Down: Quad stretch, Shoulder stretch, Hamstring stretch & Chest stretch

