

Travel workout with bands : 4 moves repeat 4 times for 45 seconds

WARM UP TO BE DONE BEFORE EACH WORKOUT: Roll and stretch anything that is tight or interfering with proper movement. Then do the following

Warm Up movement	Duration	Rounds
Hamsting scoops	30 seconds	1
Knee pulls	30 seconds	1
Inchworm plank shoulder tap	30 seconds	1
<u>PICK 2 OF THE FOLLOWING</u>		
Forearm plank	30 seconds	2-3
Bird Dog	30 seconds	2-3
Side plank clamshell or lateral leg raise	30 seconds	2-3
Marching Glute Bridge	30 seconds	2-3
Dead Bug	30 seconds	2-3

*After warm Up, complete one of the following workouts (Next Page). Will be about 20 minute workout including warm up. Discontinue any movement that does not feel good on your joints for that day, and replace with another that feels better. Keep moving, and listen to your body. Challenge yourself safely. I'm here to answer any questions you may have (281-507-2007)

Workout 1: **Upper Body**: 4 moves repeat 4 times for 45 seconds

- 1) Banded OH press (light band)
- 2) Banded Row (light band)
- 3). Banded Push Up (heavier band): or can do push up on a bench or table with or without band
- 4). Banded Curl (30-45 seconds per side)

Workout 2: **Lower Body**: 4 moves repeat 4 times

- 1) Banded Glute Bridge
- 2) Side Plank with optional lateral leg raise
- 3) Banded Squat
- 4) Banded lateral Walk
- 5) Bonus: Walking or static lunges