



My Workout



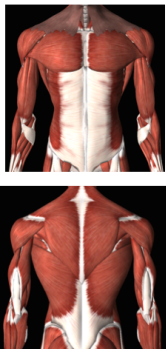
Strenght

Lower body



	Side Clam Shells		Bridge		Lunges
	Side Hip Abduction		Bridge March		Squats

Upper body



	Plank		Bird-dog		Supine Table Top
	Push-ups		Side Plank		Burpees
	Diamond Push-ups		Mountain Climber		Crab Crawl
	Inchworm		One-Arm Hold		

Cardio

	Side Hop		Chest Jump		High Knee March
	Side Shuffle		Cross Countries		High Knee Steps
	Skipping		Diagonal Hopping		Hop on One Foot
	Slow March		Fast Feet		Hop Scotch
	Star Jumps		Jump Rope Hops		Jumping Jacks

Flexibility



Cat-camel



Heel Toe Walk Forward



Abdominal Stretch



Butterfly Stretch



Walking on Heels



Neck Stretch



Hamstring Stretch Standing



Walk on Toes



Overhead Arm Pull



Heel Toe Walk Forward



Quadricep Stretch



Side Stretch



Lower Back Stretch

Design your own **workout**:

1) Strength



2) Cardio



3) Flexibility