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Thank you for all you do, Teachers!

We Appreciate YOU!

Disclaimer: ***This program is for information purposes only. The information presented herein is in no way intended as medical advice or to serve as a substitute for medical counseling. Rather, as nutritional and exercise guide, Personal Best In-Home Fitness & Massage Therapy, Inc. d/b/a Her Fitness is intended only to supplement, not replace, medical care or advice as part of a healthful lifestyle.

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How to use read and use this workout sheet

- The warm-up and the workout are listed with the number of repetitions and rounds to complete. You can adjust this based on how you feel or how much time you have available. If you only have 15 minutes, do the warm up and one round. If you have 30 minutes, do the warm up and four rounds.
- You can also use a timer instead of reps and that's what I did in the follow-along video.
- In the video, the warm-up exercises are 20 seconds work with 7 seconds to switch.

The workout is 30 seconds of work followed by 20 seconds of rest after each exercise.

After each round, rest 60 seconds.



- The app I use (iOS) is Interval Timer  and there is a free version.
- After the warm-up, you will follow the exercises 1-5 in circuit style. This means you will perform exercise one for the required reps/time then go to exercise two for the required reps/time, and so on.
- I've shared links to nearly every exercise so you can see what they are before you begin the workout.
- During the workout I demonstrate the exercise and some of the alternatives and options.
- If you have pain in joints or areas of your body, stop doing that exercise and do the alternate. Feeling your muscles working is normal, pain in joints is not.
- If you have questions before or after, my contact information is above. Please reach out!
- You can purchase high quality bands from [Resistance Band Training](#)
- Want a FREE Trial? Contact me to set up your one-to-one Zoom or In-Person (when available) session.



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[Welcome & Thank You!](#)



[Follow Along Workout](#)
(options for ALL abilities)





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PRINT THIS PAGE (it's easier to follow the video when you have the workout written in front of you!)

Warm-Up

- ✓ 5 [Warm-Up Breath cycles](#)
- ✓ 10 [Bridges](#)
- ✓ 10 [Dead bugs](#)
- ✓ 5 [Kneeling Reachbacks](#) Right
- ✓ 5 Kneeling Reachbacks Left
- ✓ 10 [Tall Plank to Downward Dog](#)
- ✓ ½ [Kneeling Hip Opener](#) Right
- ✓ ½ Kneeling Hip Opener Left
- ✓ 5 each direction Shoulder Circles – (forward, backward, backscratchers, forward/backward)
- ✓ 10 [Standing Hamstring Swings](#)
- ✓ 10 [Open Gate](#) Right
- ✓ 10 Open Gate Left
- ✓ 10 Squats
- ✓ 10 Jacks
- ✓ 10 Skier Swings
- ✓ 5 [Walkouts](#)

10-15 reps each exercise (or 30 seconds of work, 20 seconds rest to switch)

2-4 Rounds

Rest 1 minute between rounds

| Exercise | Alternate | Option 1 | Option 2 | Option 3 |
|---|---------------------------------|--|----------------------------|----------------------------------|
| 1. Ball Leg Curl | Bridge on floor | Bridge on Ball | Leg Curl Two Legs | Leg Curl One Leg |
| 2. Alternating One Dumbbell Bent Over Row | Plank to Rowing Motion | From Hands & Knees | Do One Side at a Time | |
| 3. Squat | Dead bug | Body Weight | Add Dumbbells | Drop Squat |
| 4. ½ Kneeling Alternating One Dumbbell Shoulder Press | Wall Push Up | | Use a band | Standing. Use two dumbbells |
| 6. Speed skaters | March in place | Low impact | Hop & Tap Back Foot Down | High Impact |