1. 10 Calf Raises



1. 15 Squats
* Be sure knees do not extend over toes

 

1. Around the clock (5 times)
* Forward Lunge with Right Leg (12:00)
* Side Straddle with Right Leg (3:00)
* Reverse Lunge with Right Leg (6:00)
* Reverse Lunge with Left Leg (6:00)
* Side Straddle with Left Leg (9:00)
* Forward Lunge with Left Leg (12:00)

   

1. Single leg - Bend at Waist (5 on each leg)
* In front of a couch or chair,
* Stand on left (right) leg slightly bent, right (left) leg off the ground
* Bend at waist, lift right (left) heel toward ceiling,
* Touch the couch cushion with palm of hands,
* Return upright without right (left) leg touching the ground

 

1. Arm Extended Twists (20 – 10 each side)
* Standing Straight, Arms Extended In Front, Holding Softball with Both Hands
* Twist at Waist/Hips left (right) with Arms remaining Straight completing 90 degree angle
* Return Back to Starting position and Repeat in opposite direction

 

1. Bicycle (20 – 10 each leg)
* Laying on Back, Bring Both Legs Off the ground, Knees Slightly Bent
* Alternate Bringing One Leg To Waist, keeping opposite Leg off Ground, Knee Slightly Bent

 

1. Push Ups (3 sets of 5)

  

1. Arm Raises (10 Front and 10 Side)
* Standing with Arms at Side, Softball in each Hand
* Keeping Arms Straight, Raise Arms Up and Forward to Shoulder Height
* Return Arms to Side
* Keeping Arms Straight, Raise Arms Up and Outward To Side To Shoulder Height
* Return Arms to Side

 