

# Exercise Routine from Seminar

## **Warm-up**

Standing external and internal femur rotations

Knees up marching

Jog to sprint

The Founder – arms back → arms up (thumbs up) → arms back

-move into Good Mornings

-back into founder

Foundation Lunge (R & L)

A few squats

## **Workout**

*3 sets of 20 seconds each (20 second breaks in between)*

1. Push-ups
2. Superman with arms back pulsing
3. Squat thrusts
4. Split squats
5. Cross over leg mountain climbers
6. Plank to pushup (forearm bashers)

## **Gut Check Round**

20 seconds – run in place

20 seconds – jump knee tucks

20 seconds – run stance squats