



"creating magical experiences daily"



GET STRONG

# WOW: Workout of the Week

## STRETCH & FLEXIBILITY

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EXERCISES:	NAME	reps/duration
1.	<b>Jog in Place:</b> stay on balls of feet, high knees strong core	30 secs
2.	<b>Torso Swings:</b> straight arms out to the sides, swing left and right, slowing building speed	30 secs
3.	<b>Air Squats:</b> legs shoulder width apart, squat to parallel to hips	10

2 sets  
60 secs rest & hydration  
between each sets

## STRETCH & FLEXIBILITY

2

EXERCISES:	NAME	reps/duration
1.	<b>Sit Ups:</b> stay on balls of feet, high knees strong core	10
2.	<b>Push Ups:</b> torso tight, maintain same shape through lower as low as one can, without losing control	5 - 10
3.	<b>Air Squats:</b> legs shoulder width apart, squat to parallel to hips	10

2 sets  
60 secs rest & hydration  
between each sets

## NOTES

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IDEAS ON HOW TO GAIN THE MOST BENEFIT FROM THESE EXERCISES	
a.	<i>maintain good form through all exercises</i>
b.	<i>if struggling with completion of a certain number repetitions, lower the number to an achievable number: ie 5 vs 10</i>
c.	<i>hydrate through all exercise sessions</i>