



FOR THE BODY NATURE INTENDED

For video instructions on how to properly perform the following exercises go to <https://youtu.be/XI2LB0AO7Ck>

### **SPEED ROUTINE**

Overhead Extension Static Lunges 10x each

Standing Glides w/ Reverse Pullover Hold 10x each

Full Squats 10x

Knee to Chest Lunges 10x each

Hurdles 10x each

Downward Dog Squats 10x

Power Skipping 10x each

Skate Taps 10x each

Mountain Climbers 1min

Airbench Elbow Curls 10x

**Repeat up to 4x**

### **Questions?**

Contact Jahnsam Richardson at [jahnsam@adapttraining.com](mailto:jahnsam@adapttraining.com)

***Disclaimer: To reduce and avoid injury, you will want to check with your doctor before beginning any fitness program. By performing any fitness exercises, you are performing them at your own risk. ADAPT Training will not be responsible or liable for any injury or harm you sustain as a result of our program, online videos, or information shared on our website. This includes emails, videos and text. Thanks for your understanding.***