



FOR THE BODY NATURE INTENDED

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

## **POWER ROUTINE**

Spread Foot Arm Circles 20x each

Static Lunge Hold w/ Pullovers 20x each

Tricep Push Ups up to 20x

Rear Foot Elevated Lunges 20x

Hero Lean Hold w/ Reverse Pullovers 20x

Extended Lateral Lunges 20x each

Walk Outs 10x, 8x, 6x, 4x, 2x

Flutter Kicks (Pointed and Flexed) 20x each

Progressive Squat Hops 10x

Crunches :10 sec Hold, 10x

**Repeat up to 4x**

**Questions?**

**Contact Marissa Hayes at [marissa@adapttraining.com](mailto:marissa@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.***