

MOVE WELL

WARMUP

Take 5:00 to 10:00 and perform dynamic mobility exercises.

Sample routine for warming up can be found below...

Movement	Sets	Repetitions
Four Point Squats	2	5
Front Leg Swings	2	10/10
Side Leg Swings	2	10/10
Arm Swings	2	10/10
Touchdown Arm Swings	2	10

MAIN ROUTINE

Complete 3 rounds of the following sequence below...

Essential Movements	Duration	Rest Period
Bodyweight Squats (Box)	0:40	0:20
Pushups Wall (Box or Ground)	0:40	0:20
KB Deadlifts (Yoga Block)	0:40	0:20
Ring Rows	0:40	0:20
Hollow Hold	0:40	0:20

COOL DOWN

Go right into relaxing breathing after all 3 rounds and pick 1-2 static stretches. Example of 5:00 routine can be found below 1 upper body stretch, 1 lower body.

Movement	Sets	Repetitions
Standing Low Belly Breaths	1	20-40
Classic Tricep Stretch	1	2:00/side
King Pigeon Pose	1	2:00/side

* For video reference please check out the Movement Library ([click here](#))