

1. Jumping jacks

- a. Regular core engaged
- b. Modified knee, wall, chair

2. Squat with a row

- a. Feet hip wide, squat to 90 degree stand knee's soft, core tight retract arms elbows at sides feel your scapula squeeze together

3. Push ups

- a. Regular
- b. Modified

4. Side lunge with a lift

- a. Feet wider than hips lunges to right(feel inner thigh stretch) left hand touches floor stand with knees soft and core tight lift left hand overhead
- b. Repeat with left lunges and right hand

5. Hook punches

- a. Feet wider than hips, knees soft, core tight, punch left then right

6. Bend to touch floor with an overhead lift

- a. Retract shoulders (big roll backwards), knees soft, bend forward keeping back flat, touch floor (or knees to ankle)
- b. Stand knee's soft core tight, slight back bend and raise arms overhead and say woo Jasper!!!

Notes

- Increase or decrease range of motion per what is right for you
- Increase or decrease reps for each as you advance
- Always listen to your body
- Connect to other activity or exercises to balance out your program
- Hydrate and food
- Always talk to your doctor about new routines such as exercise