

Start Your Day Right

WITH BREATH-BODY PRACTICES

Get your Prana flowing with this 5-4-3-2-1 WORKOUT

5 MINUTES

ANY CARDIO

WALK/RUN IN PLACE, DANCE, MOVE

- 1 minute OPPOSITE KNEE TO ELBOW
- 1 minute JUMPING JACKS / LOW JACKS
- 1 minute OPPOSITE KNEE TO ELBOW
- 1 minute JUMPING JACKS/LOW JACKS
- 1 minute DANCE AROUND

4 MINUTES

LOWER BODY MOVEMENT

- 1 minute LUNGES OR
WALKING LUNGES
- 1 minute MTN CLIMBERS
- ALTERNATE FOR 4 MINUTES

3 MINUTES

ARM AND AB STRENGTH

- 15 WIDE PUSH UPS
- 15 SIT UPS
- 15 WIDE PUSH UPS
- 15 SIT UPS
- ALTERNATE FOR 3 MINUTES



2 MINUTES

LOWER BODY STRENGTH

- 30 SECONDS SQUAT
- 30 SECONDS JUMP SQUATS
- 30 SECONDS SQUAT
- 30 SECONDS JUMP SQUATS

1 MINUTE

CORE STRENGTH

- HOVER FOREARM PLANK

Add 5 minutes of deep stretches:

HALF SALUTATIONS, SUN SALUTATIONS, WHATEVER FEELS GOOD

Total Time 20 minutes

Follow with 8 - 16 oz water... **YOU ARE GOOD TO GO!**