

Workout of the Week #2

Strength & Balances/Fusion/Circuit



Warm-Up: Start each workout with Marching, Wrist Circles, Ankle Circles, Shoulder Rolls, Hip Circles, any creative way to get your body moving and ready to go!

Ways to Mix up Your Weekly Workout Routine

Day 1:

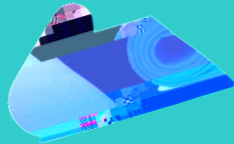
Day 2:

Day 3:

Day 4:

Day 5

Core Dynamics



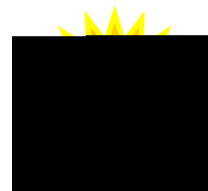
Coronavirus Cabin Fever? Get Outside!

Sit & Fit



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Remember to be 6 feet away from other walkers



Contact Information:
