

March –

Swing arms – slowly at first and then speed up

Raise arms over to side and leg out to stretch out

Overhead press – push arms over your head like you are trying to push the ceiling tiles.

Stretch arms – across the body. Reminder to keep your shoulder down as you are stretching your arm. Repeat on other side.

Toe taps, and then lift legs up one at a time

Heel taps – out in front of you. Tap to the music.

Heel taps followed by toe lifts. We are adding on here!!!!

March – swing arms as we catch our breath.

Knee lifts – simply lift one knee up and grab with hands and gently pull upwards to your chest. Notice the stretch you are feeling

Knee lifts and taps knees with your hands

Legs apart and then leg together as we begin jumping jack. Now, add one arm out to side while moving legs, then the other arm. Now combine it all into jumping jacks.

Swim – crawl, then back stroke, breaststroke, combine all -

Hopping side to side like dribbling a soccer ball

Bounce legs together while passing a basketball in front of you. Slowly to begin then speed up

Arms down to floor, passing ball to side then increase speed

Boxing shuffle, hands in fists, speed bag in front of chest and rotate to side (at shoulder level). Now over the head, over to the side and then down

Lift legs out in front one at a time and punch with opposite arms. Slowly first and then speed up.

Punch up and then down

Twist side to side with hands like boxing.

Pick up weights:

- Curls then hammer curls (palms are facing each other with thumbs on top). Curl up and down – remember do not move anything but your arm!!!
- Tricep push backs – simply stretching those arm backwards

- Curl up and then continue to take weights up overhead (we call it a military press but it is simply you trying to push those ceiling tiles again). Bring down to shoulders and then down to the curl.
- Palms up – hold those arms out as straight as you can in a PRAISE GOD form and hold it as long as you can!!!! Halleluiah!
- Russian twists – lean back in your chair and put hands together. Now twist side to side with legs going the opposite way.

Arms out to side – palms straight up. Rotate arms so that thumbs now facing the back. A very simple movement to work those joints that get stuck!

Touch fingertips on forehead and now rotate arm so that palm is now facing the back wall

Sit ups on chair – lean back and try to bring those legs up towards your chest – you all loved this! Ok, so maybe it was really hard but keep trying and each time you will be able to get those legs a little closer to your chest.

- **Add the band: (Wal-Mart sells for sure)**

- Put between ankles – pull ankles apart and back relax. Repeat
 - Now Move the band up to just above the knees and pull apart
 - Plantar Flexion (ankle flexion) – sit on edge of step and put bands around ankles. Lean back. Supporting your weight on your hands, and flex your foot forward until you feel a good stretch in your shin
 - Standing hip extension – bands around ankles and curl one leg up. (we didn't do this one in class)
 - Seated forearm pull – one end of band around foot and then perform curls
 - Side Bends – holding bands overhead, into sumo squat and go side to side.
 - Frontal leg raises – around ankles and lift one leg forward
 - Boat Pose – wrap band around ankles. Sit on butt and lift legs while slightly bent. Pull band apart and hold for 30 seconds
- Laterals – put that band behind your back and hang on to each end. Band should be about at your waist and now raise your arms out to the sides. If the band is too loose, wrap the band once so that it is tighter.
 - Frontals - band is still behind your back and now you are raising your hands straight in front of you so you look like a zombie!!!
 - Cheerleaders!!! – use your weights or simply your arms and lift arms out to form a T, then up to an X, and finally overhead to form a Y. Repeat several time.
 - Tricep dips behind head

PARTNERS – two bands (Sit across from each other and hold on to the band. One person holds the bands while the second person pulls them back into a row. (sit up straight, keep elbows close to body and imagine that fat pencil between your shoulder blades.

Cool Down:

Stretches – upper arms and legs

– reach up and bend forward to touch your toes. (if you can). Slowly roll yourself back up,

Inhale and reach. Exhale and arm circles.