

Orange/Blue

PWR! Moves



1. **PWR! Up** – Squat down and reach your hands forward, spreading your fingers apart and keeping your chest up and your shoulders back. Stand up, throw your arms back and spread your fingers apart



2. **PWR! Rock** – Rock from your right to you left, flicking your hand out and spreading your fingers apart as you rock from side to side.



3. **PWR! Twist** – Stand square with your arms open wide, rotate one hand over all the way to the other, pivoting your foot in the process. Then open your arms all the way back up and repeat the process on the opposite side.



4. **PWR! Step** – Take a big step forward, throwing your hands out on either side of your leg and spreading your fingers apart. Alternating legs with each step.



5. **PWR! Step Back** – Step backwards, keeping your front leg straight and your chest up. Extend your hands forward and spread your fingers apart, step back to center. Alternate legs with each step.



6. **PWR! Twist** – Stand square with your arms open wide, rotate one hand over all the way to the other, pivoting your foot in the process. Then open your arms all the way back up and repeat the process on the opposite side.

Workout 1

:20 on, :10 off. 3 rounds

Circuit 1



1. **Squat to Press Over**- Hold soup can in one had at shoulder height, squat, as you step press the soup can overhead, changing hands at the top, coming all the way to the bottom of the squat with the can in the opposite hand.

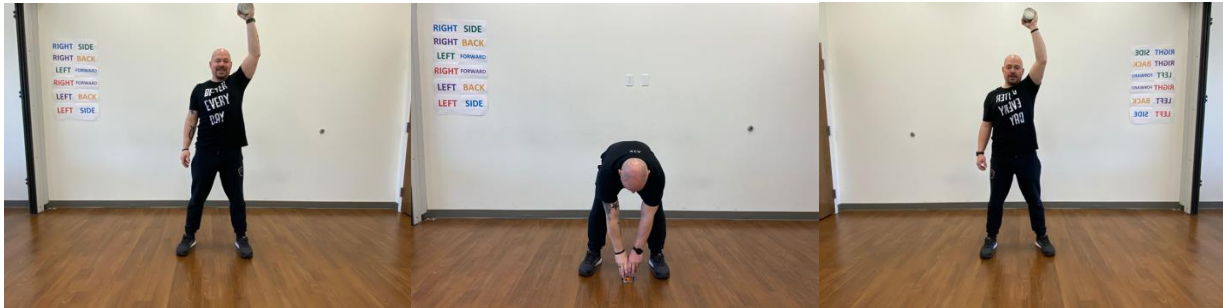


2. **Step Back Knee Drive** – Hold soup can in two hands, step back with one leg then step forward and drive the knee up. 10 seconds on the right leg, 10 seconds on the left.



- 3.) **Side Step Up and Over** – Place soup can on the floor, stand next to the soup can. Step up and over the soup can from side to side. Focusing on raising the opposite arm with the opposite leg as you step over.

Circuit 2



1. **Single Arm Press** – Hold soup can in one hand, reach down and touch the can to the ground. Then stand up and reach the soup can up towards the ceiling. 10 seconds in the right hand, 10 seconds in the left.



2. **Step and Twist** – Hold the soup can in two hands, step forward and rotate your hands and upper body over the front leg. Be sure to keep your eyes facing forward to prevent dizziness. Alternate the leg that you step forward with each time.



3. **Kneeling Step Up** – Start on the floor on your knees with your hands and forehead on the floor. Push up with your hands, step out with your right leg and throw your arms and hands back. Come back down to the floor in the same position as you began. Then repeat the same process with the opposite leg, alternating legs for the entire 20 seconds.

Circuit 3

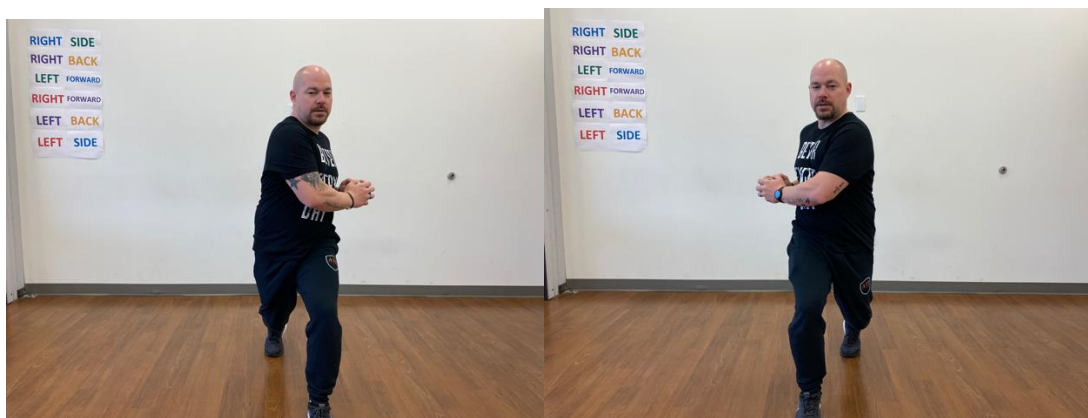


1. **Lateral Step and Pull** – Hold the soup can in one hand, laterally step with the leg opposite of the hand that the can is in and reach the can towards that foot,

then step back to center and pull the can back across your body to your shoulder. 10 seconds with the can in one hand, then switch hands and perform for 10 seconds the opposite way.



2. **Lunge Pass Through** – Start in a staggered stance with the soup can in the hand opposite of the forward leg, pass the can through your legs from the inside to the hand outside the leg. 10 seconds on one side then switch the forward leg and 10 seconds the other direction.



3. **Back Step and Twist** – Hold soup can in both hands, step backwards with one leg and twist your arms and upper body over the front leg, be sure to keep your eyes forward to prevent dizziness. Alternate legs each repetition.

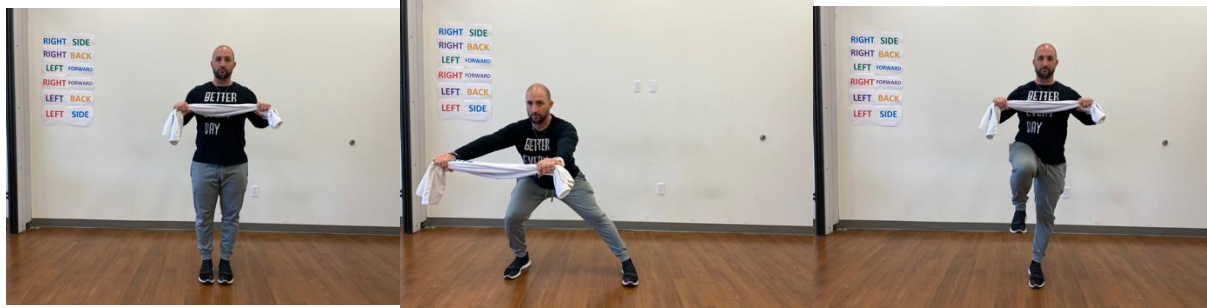
Workout 2

:20 on :10 off, 3 rounds

Circuit 1



1. **Squat and Pull Towel** – Hold a towel at chest level, squat down and press the towel out in front of you fully extending your arms. Stand back up and pull the towel back into your chest. Repeat for 20 seconds.



2. Lateral Step and Press to Knee Drive – Hold the towel at your chest, step laterally and press the towel away from you. Step back to center, driving that knee towards the ceiling and bringing the towel back to your chest. 10 seconds stepping with the right, 10 seconds stepping with the left.

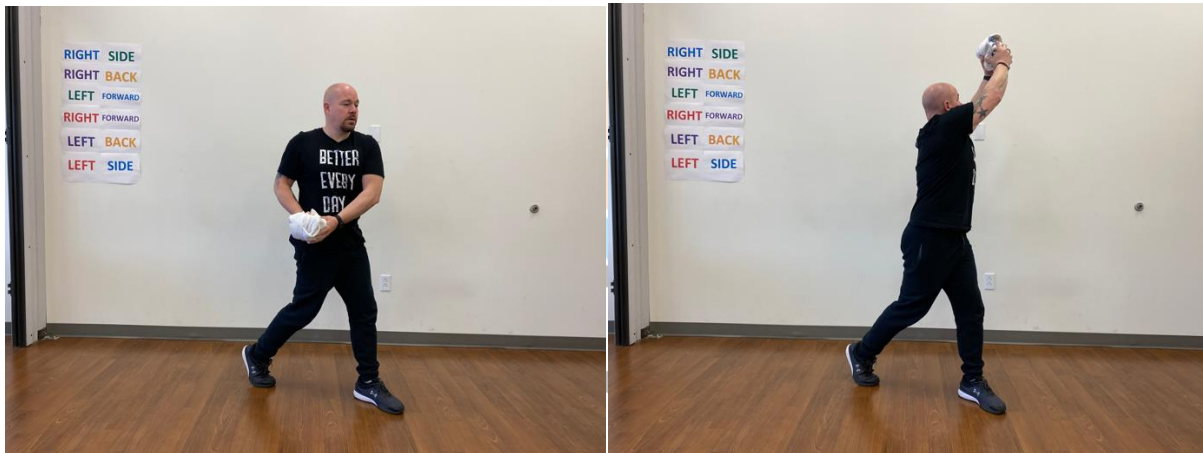


3. Lateral Bound – Hold the towel in a ball at your chest, bound laterally to the right, rotating the towel towards that side, then bound laterally to the left and rotating the towel towards that side. Alternate sides for 20 seconds.

Circuit 2



1. **Kneeling Opposite Arm/Opposite Leg** – While on your hands and knees on the towel on the floor, extend one arm and the opposite leg straight out. Bring your arm and leg back down to center, then repeat the process with the opposite arm and leg.

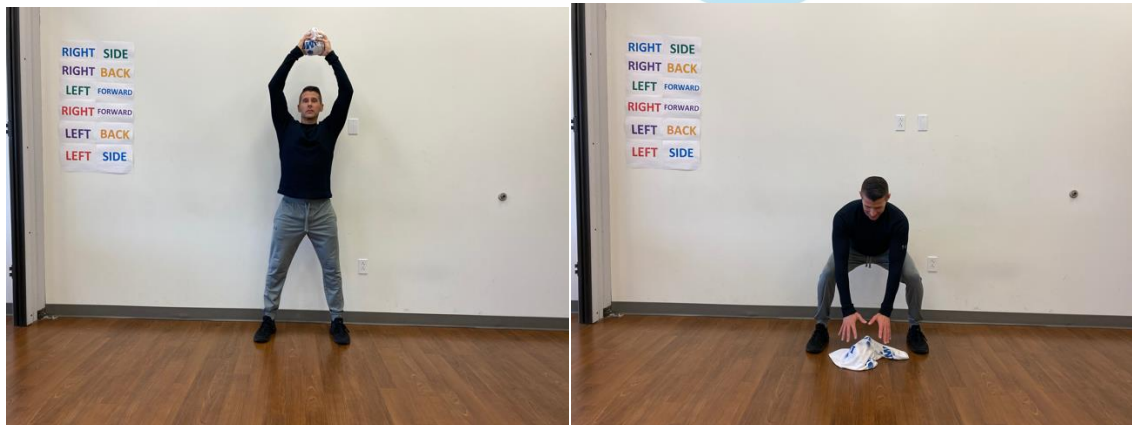


2. **Split Stance Diagonal High/Low** – Start in a split stance with the towel in a ball, rotate the towel down towards the back leg, the up towards the front leg for 10 seconds. Then switch legs and switch the direction you are rotating the towel for another 10 seconds.



3. **Side Plank Push Up** – Start on the towel in a side plank position, press your body and your hips up towards the ceiling, then back down towards the floor for 10 seconds. Switch sides and repeat the process for another 10 seconds.

Circuit 3



1. **Towel Slam** – Start standing up with the towel in a ball, raise the towel overhead and then slam the towel down onto the ground, focus on keeping your back flat and a neutral spine. Then pick the towel back up and repeat the process for 20 seconds.



2. **Forward Backward Step** – Hold the towel in a ball on your chest, step one leg forward focusing on keeping your chest up and your shoulders back. Then step back behind you with that same leg, focusing again on keeping your chest up and your shoulders back. Perform on one side for 10 seconds then on the other side for another 10 seconds.



3. **Wall Inverted Stretch** – Stand next to a wall with your hand on it. Hinge forward at your waist with the leg closest to the wall stretching straight out behind you reaching your hand not on the wall towards your foot on the ground. Focus on keeping your back flat. 10 seconds on one side, turn around and 10 seconds on the other.

