**Week 1 Strength - circuit one**

*Strength is health*

1. **Push up w. leg lift**
   *Note:* Draw your navel towards your spine to activate your core. A modified version is on the knees.
   **Muscles working:** Full body

2. **Squat w. kick**
   *Note:* Weight on your heels. Push up & kick. Come back to a squat & repeat with other leg.
   **Muscles working:** Legs

3. **Triceps press**
   *Note:* Make sure your elbows are pointing straight back. Fingertips pointing towards your heels. Feet hip width apart.
   **Muscles working:** Triceps
Week 3 Core - circuit one

Core strength is the key to a strong body.
Everything begins within.

Day 18

1. Plank + triceps
   Note: Come to a plank pose. Hold your body still and lift one arm at the time as shown in the pic. Arms are super close to the body.
   Muscles working: Core & triceps

2a
2b

2. Lunges
   Note: Begin standing up straight. Take a big step forward. Make sure your knee is above your heel. Press back to standing & switch foot. Make sure to draw your navel towards your spine, when you press back to standing.
   Muscles working: Legs & core

3. Reversed sit up
   Note: Lay on your back, legs straight up. Hands behind your head & elbows straight out. Lift your chest up towards the sky, sink back slowly with resistance.
   Muscles working: Abs
Week 11 - Legs circuit two

"Keep your eyes on the stars & your feet on the ground"

Theodore Roosevelt

Day 72

1. Single squat
   Note: The front knee should be above your heel. Place your back foot on a bench, step, chair or the side of your bed. Sink deep down (not forward) & press back up. Do 20 sec on each leg.
   Muscles working: Legs & butt

2. Burpee
   Note: a. Feet hip width apart and jump up from a squat position with power and explosiveness.
   b. Come to a deep squat with hands on the floor.
   c. Jump or step back to plank pose.
   d. Do a push up.
   Jump (or step) back to squat. Repeat.
   Muscles working: Full body & cardio

3. Reversed situp
   Note: Press your navel towards the floor. Legs straight up & from here, lift your chest up towards the sky. Sink with resistance.
   Muscles working: Abs
Week 2 - Yoga - Breath

Connect your body, mind & breath

Visualize your breath coming in your nose, down your throat & all the way down to the bottom of your lungs, & follow it the same way it came. In, down & out.

Sun salutation
(Surya Namaskar)
Do 6 rounds, step 1-11

1. Inhale, sweep your arms to the side & up.

2. Exhale, ”dive down” & bow

3. Inhale, lengthen & draw your chest forward, shoulder blades down. Fingertips on the mat or on your shins.

4. Exhale, step your left foot back & drop your knee. Inhale & sweep your arms to the sides & up.

5. Exhale fingertips down. Inhale to plank & exhale all the way down to (chaturanga). Press your heels back, draw your navel in. Elbows super close to the body.

6. Press your taws down until you kneecaps lift, draw you navel in, shoulder blades together, fingertips on the mat. Inhale & gently lift your chest.
1. **Malasana.** Come to a squat pose. Weight on your heels & let your sitting bones sink deeper with every exhale. Take five deep breaths with your eyes closed.

2. **Crow pose.** Place your palms on your mat in front of you. Spread your fingers. Now, place your upper arms on the inside of your knees. Start leaning forward & press your knee in towards your arm & your arm towards your knee. Lift your gaze & your chest. Stay for 2-5 breaths. Repeat three times.

3. **Savasana** (dead mans pose) It’s time to relax. Come to lay on your back & just rest for five minutes or more. Then roll over to the right side & come to a comfortable sitting position.

4. **Meditation.** Palms meeting in front of your heart. Take five deep breaths. Set your intentions for the day. Bow to your heart. Namaste
Week 6 - Yoga

Focus - stay focused on what you’re doing right now

”Do your practice and all is coming.” ~ Sri K Patthabi Jois

1. From standing, **inhale** & take a big step back with your right foot & come into a warrior 2 pose. Left toes points forward. Knee is above your heel. Draw you navel in. Outside of your right foot presses back. Arms out to the sides & gaze at your left fingertips. Stay for three deep breaths.

2. **Inhale** & come to sun warrior. Place your right hand on the back of your thigh, or the back of your calf (not knee joint). Reach high with your left arm & sink deep with your lower body. Get steady & earthy.

   Gaze at your left fingertips. Stay for three breaths.

3. **Exhale** & come to a extended side angle pose. Left lower arm lands on your thigh. Right arm reaches up & forward. Gaze at your right fingertips. Stay for three breaths.

4. **Inhale** back to sun warrior, **exhale** to extended side angle pose. I call it the warrior dance. Continue for five rounds. One breath, one movement. When you’re done with your rounds, simple, ”open up” to the other side, by closing your left foot & open your right foot. Begin from warrior 2 (pic #1) & repeat everything on this side.