

FIT & FLABLESS silver surfer**Playlist: Cardio Shuffle**

Standing weight shift
 Heel/toe widen stance weight shift
 Heel/toe narrow stance weight shift
 Toe taps side to side
 Add reaches across
 Add reaches upward
 Combo
 :|| Repeat

Weight shift w/bicep curl
 W/chest presses
 W/open>close
 W/rows
 Squats
 Squats w/arms up & reach back
 Squats w/arms out to side & up

Facing side w/wide stance
 Glide side to side lunge
 Add toe taps back diagonal
 Add heel taps front diagonal
 Hold squat circle arms forward> reverse
 Heel raise right
 :|| Squat circle arms forward > reverse
 Add arm reaches overhead right side
 Heels raise left
 :|| Squat circle arms forward >reverse
 Add arm reaches overhead left side
 Both heels raise
 Both arm reach overhead with the breath

Seated face side
 March
 Add kicks right then left then alternate
 Open knee to side to right, then left, then combo
 Kick, side, right, left, combo

Knees to chest, right, left, alternate

W/bands
 Reach across switch sides

Face forward
 Glute walks forward/back

Bands behind & under arms
 Press forward
 Pulses
 Right arm wipe the table
 Criss cross
 Left arm wipe the table
 Criss cross

Move bands on top of shoulders
 Arm extensions reach front shoulder height
 Right, left, combo

Band handles to chest
 Hinge at hips forward/back

Table top no bands
 Leg extend lift/lower
 Bend/straighten
 Foot press
 Knee to chest
 Knee to side aka fire hydrants
 Add kick to side
 Extend back sweep side
 :|| Other leg

Child pose
 Hands reach left hips go right
 Hands reach right hips go left
 Move to back
 Happy baby
 Savasana