

FIT TO THE CORE silver surfer**Playlist: Fit & Happy**

Seated cat/cow

Add arms

Shoulder shrug up/down

W>v arms

Clasp hands, extend arm, scoop row side to side

Knee lifts

Arm reaches

Knee/opposite arm reach

Combo

Knee lift/kick

Add arm reach for toes

Row pull backs

Flex toes to shins

Heel lifts

Combo

W/band scoop row side

Add hinge back at hips

Presses with band

Add knee lift

Leg extension

Leg extension heel out, toe in

Add low row pull in as leg goes out

:|| Other side

With band sweep to side up & over

Heel lifts

Add bicycle arms

Bicycle arms hi/low

With band wipe the table

Lat pulls

Add kicks

:|| 2Nd round

Face side/legs off

Leg reach diagonal

Add same arm reaches

Add opposite arm reaches

:|| Other side

Combo both sides

Add press with band :|| both legs

Press jacks

Rotate knee to elbow seated crunch

Extended arm crunches

Face front with band

Palms down curls

Palms up w>v

Reverse flies

Hinge forward/back

Single arm stretch across the body

Tricep stretch

Chest opener

Seated childs pose