

SHOULDER BURNER level I**Playlist: Footloose & Fit***WARM UP PHASE (seated forward facing)*

Side arm reach & lateral flexion

Chest opener

Seated child pose

Seated cat/cow

:|| 3X

Seated forward fold

Seated twist

Reverse plank

Seated cobbler

:|| 3x

EFFORT PHASE

Pouncing tiger 30secs

Pushups 10x

Spinal balance 15secs

:|| Other side

:|| W/knee to elbow 15secs

Inchworm 30secs

Tricep puchups10x

Squats 10x

Chair 15secs

:|| 1X

:|| 2X w/jump squats

Right leg lunge 10x

Lunge hold 15secs

Mt. Climbers 30 secs

Side plank hip dips 10x

:|| 2X both sides

Plank step out/in 10x

Plank jacks 30sec

Surfer belly paddle 30

Plank hands to forearms 10x

Plank jacks 30sec

Surfer belly paddle 30

Hero > tabletop

Camel variations

Boat hold 30sec

In/outs 10x

Russian twists 30secs

Reverse tabletop 15secs

Reverse crunches 10x

Heels up 10x

Ankle taps 30secs

COOL DOWN PHASE

Knees to chest

Bridge> leg lifts

Happy baby

Savasana