Wellness
University of Florida and UF Health

Workout on 5/9/2018

Warm Up
Hip opener
Good morning
Squat to hamstring stretch
- Normal
- Rotate in hamstring stretch
- Y and W in squat

Walking lunge to single leg toe touch
Single leg circles
Hugs
Skip and back

Band Burner (45 sec work, 15 sec rest)
3 steps with 3 upright row
Shoulder press
45 bicep curls (15 full, 15 lower, 15 upper)
Hand release push up into down dog
Upward pulse
SL squat to bench RIGHT
SL squat to bench LEFT
Squat to bench taps with explosion

→ *Group 60 sec plank party!!!*

Pyramid Work! (go to the bottom and then repeat back up)

5 burpees
10 push ups on bench
15 squat with rotation
20 triceps dips
25 jumping jacks
30 walking lunges with pulse

If you finish before everyone else, do the first three movements on repeat

Core (Everyone)
Bicycles on bench
Plank + core bracing
Plank + jump to bent knees
Plank jacks
Flutter kick, scissors

Cool Down/Stretch

Equipment: handle bands