

Program

This program has been designed using each exercise of the day from the February 15th until now. Descriptions for each exercise along with the video will be provided in the links below for any refreshers.

Day 9: Bike Warm-Up

Bike

- If you have a stationary bike at home, you can use it for completing a walking warm-up before starting exercise.
- Begin biking at an easy pace. Increase speed or resistance every minute for a total of 10 minutes.
- By the end of the warm-up you should be able to talk but not sing or about a 7/10 on a scale of exertion.

Day 10: Dynamic warm-up

- Complete 10 reps of each warm-up exercise. Working through full ranges of motion for each joint.
1. Horizontal arm swings
 2. Shoulder rolls
 3. Standing hamstring stretch
 4. Standing quad stretch
 5. Lumbar twist
 6. Butt kickers
 7. High knees

Trying to sink into the exercise as you go.

[Day 11: Warm up 2](#)

	Reps	Sets
Single Leg Deadlift	8-10/side	3

[Day 12: Single Leg Deadlift](#)

Hip Bridge	10-12	3
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[Day 13: Hip Bridge](#)

Bent Over Row 10 3

[Day 14: Bent over Low Row](#)

Lunges 8-10/side 3

[Day 15: Lunges](#)

Plank 30sec 3

[Day 16: Plank](#)

Push-Ups 8-10 3

[Day 17: Push Up](#)

Day 18: Cool Down 2

1. Seated glute stretch
2. Seated hamstring stretch
3. Arm over-head tricep stretch
4. Arm across body- shoulder stretch
5. Standing quad stretch
6. Standing calf stretch
7. Child's pose

Complete each stretch each stretch 2-3 times holding each position for 20-30 seconds. Each stretch should be completed to a point of mild discomfort; no pain.

[Day 18: Cool Down 2](#)