STEP TOUCH - Warm Up
Step out to the right as far as you can, taking the arms up. Step back and then step to the left. Take your time and gradually increase your speed to get your heart rate up.
Repeat for 30 seconds

KNEE LIFTS
Take the arms up and, as you pull them down, bring the right knee up. Take the arms back up as you lower the right leg and now lift the left knee as you pull the arms down.
Repeat for 30 seconds.

KNEE SMASH
With the arms overhead, weight on the right leg, bring the left knee up while pulling the arms down. Lower and repeat, really using the upper body and core.
Repeat for 30 seconds on each side.

INNER THIGH LEG LIFTS
Lift the right leg up, knee bent reaching the left hand towards the right heel. Lower and repeat on the other side, moving as fast as you can.
Repeat for 30 seconds.

STEP OUTS
With the weight on the right leg take the left leg out to the side. Touch the toe to the floor and bring the leg back in, touching the toe. Repeat for 30 seconds on each side.

LOW IMPACT JUMPING JACK
Step out to the left, pivoting to the right while taking the left arm up and overhead. Step back and step to the right, pivoting towards the left and taking the right arm up. Continue, alternating sides for 30 seconds.

SQUAT CIRCLES
Lower into a squat, going as low as you can, while circling the arms down. Press up, circling the arms overhead. Continue, moving as fast as you can.
Repeat for 30 seconds.
LEG LIFT WITH BOW AND ARROW
Lift the right leg out to the side while pulling the left elbow back like you’re shooting a bow and arrow. Repeat on the other side, using as much range of motion as you can.
Repeat for 30 seconds.

KNEE PUNCHES
With the left leg back at a diagonal and arm straight out, bend the knee and pull the arm back in as the knee comes up. Punch out as the leg goes out. Move as fast as you can with good form. Repeat for 30 seconds each side.

SHOULDER STRETCH
Take the arm across the chest pressing the shoulder down and feeling a stretch in the back of the arm.
Hold for 15-30 seconds on each side.

CALF STRETCH
Take one leg back, bending the front knee and press the heel towards the floor to stretch the calf. Hold for 15-30 seconds and repeat on the other side.

HAMSTRING STRETCH
Take one leg straight out in front of you, foot flexed and bend forward with your back flat until you feel a stretch in the hamstring. Hold for 15-30 seconds and repeat on the other side.

HANGING BACK STRETCH
Bend forward, taking the arms down towards the floor or rest them on the thighs for support. Hang the head down and gently shake it to release any tension in the neck and back. Hold for 15-30 seconds.

QUAD STRETCH
Stand and bring the right heel towards the glutes, grabbing onto the foot, knee pointing to the floor. Squeeze the glutes for a deeper stretch. Hold for 15-30 seconds and repeat on the other side.

SEATED SIDE STRETCH
Lace the fingers together and stretch the arms up and then lean to the right, stretching down the left side. Hold for 15-30 seconds and then switch sides.