

# RESET!

## Workout of the Day



### Level 1 - Cardio

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Safety tips:

- Breathe
- work your own pace
- listen to your body
- drink water

Warm up:

- March in place: close marches (4), wide (4); repeat 2-4 times
- Add arm circles small then bigger
- March with shoulder rotations forward and back, turn head side to side.
- March and swim, ( backstroke, breast stroke) toe taps, swing arms side to side stretch tall reaching up on alternating sides. Stretch legs side to side, inner thighs gently. Torso twists reaching side to side.

Cardio workout

- Step touch, add arm swings; change to chest flies. Push arms up (raise the roof) add crisscross hands middle, high, middle, low. Step touch 2 steps right and left.
- Grapevine (if uncomfortable with crossing feet, stay with 2 steps right and left).
- Heel digs, push arms front, side, push arms up.
- High knee lifts, add right elbow to knee 8 times, left elbow to knee 8 times. Back to single knee lifts. Tap knee with opposite hand, touch knees with both hands.
- Hamstring kicks, walk forward (still doing ham curls and curl back)
- March, change to half jacks, (point at toes, point at sky)

Cool down

Hands below heart, step touch, step touch forward and back. Toe taps crisscross hands keeping hands low. Heel to toe forward and toe to heel back. March turn head to right, center, turn head left.