

HEATHER C FITNESS
MOXIE
LOVE WHAT YOUR BODY CAN DO TODAY

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DCAC Fitness Convention
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WARMUP

Bob and weave

Hamstring curls and lateral squats (hug and open arms)

Jump Ropes

Punches and lunges

Hamstring curl runs (out, out, in, in)

Jacks and kicks (2 jack, 2 kick)

Squat pulse (with figure-8 rotation)

Push-ups with rotation or barrel turns

Mountain climbers (REPEAT OTHER SIDE)

Lateral step out squats or jumping squats side and forward (open palm push out)

Slow and fast jabs forward (and in circle)

4 jab side, side jump squat and forward jump squat

Alternate slow curtsies

Curtsy pulse

Curtsy stand, add knee pull to side

Curtsy, stand, bring elbow to knee at midline (slow and fast) (REPEAT CURTSIES and OTHER SIDE)

Alternate speed skates and crosses

Alternate wide foot tap back in squat

8 crosses, 4 tap back with open palm forward push

Alternating quick switch jumps (shuffle forward and backward)

Lateral leap, burpee variations

Grapevine with 4 march/ jump rope/ soccer kicks

Alternating soccer kicks

Step knee, 2 march

Knee strikes

4 skips forward, 8 count fast run backward

Burpees

Forearm plank with heel drops

Body rock forward, backward, walk hands up, up, down, down

8 count in crow, stand 16 quick side runs