

Bear Jacks		Quote of the day		
run in place		calm crane		
butt kicks		meditation- breathe in focus and out distraction		
knee ups				
repeat previous 3				
prayer squats				
lunge toe down left and right (stretch arms across body)				
lunge toe down forward and backwards				
arm/leg pumps slow				
arm/leg pumps fast				
squat jabs across body				
leg kicks				
grapevine w/clap				
hamstring stretch				
calf raises				
standing abs with arms (infinity)				
hip stretch- leg over on back on ground				
mountain climbers				
mountain Vs				
push ups slow				
plank				
bear jacks				
run a lap (add more laps slowly)				