**Quarantine Stretch Routine**

by Miss Luana

WARM UP

30 x jumps up and down

30 x jumping jacks

30 x jump twists

20 sec. running on the spot

10 sec. running kicking your butt

10 sec. high knees

10 sec. roll shoulders back

10 sec. roll shoulders forward

10 sec. circle your arms backwards

10 sec. circle your arms forwards

1 slow circle with your head to each side

STRENGTH

1 min ankle flex and point

10 x burpees

20 x jump squats

20 x jump lunges

20 x normal squats

20 x normal lunges

30 sec. wall sit

30 sec. plank

15 x plank leg lifts on each leg

10 x push ups

10 x crunches with feet on the floor, legs halfway up, legs all the way up

15 x sit ups

30 sec. side plank (right and left)

FLEXIBILITY

1 min toe touch (30 sec pointed, 30 sec flexed)

15 sec lunge with hands on floor

15 sec lunge with elbows on the floor

15. sec lunge holding back foot

15 sec sit on back foot and reach forward

15 sec A-frame stretch

10 x bend and stretch/ rise and lower in A-frame

30 sec split

30 sec over split

REPEAT ON OTHER LEG

30 sec middle split and roll through

30 sec cobra stretch

10 sec one arm up (R + L)

10 sec both arms up

10 sec feet to head

15 sec child’s pose

15 sec penché (R + L)