Total WellBeing Week

Standing Core Workout with Kathy DeBlasio
March 13, 2023

Warm up and gentle stretches

8-10 reps per side, repeat each group 2 x:

1. Arms out straight in front, press hands together and rotate slowly right to left
2. Press one arm overhead, same leg steps back, rotate towards stationary leg (8 x)
   a. Repeat on other side
3. Standing alternating crunch
4. Hands on head, elbows out wide, lunge back, rotate towards front leg
   a. Repeat on other side

1. Triangle pose, slide one arm down leg, other towards ceiling, press to stand
   a. Repeat other side
2. Chop with squat: low to high
   a. Repeat other side
3. Warrior 3 pose (single leg balance, lean to parallel with arms next to head)
   a. Repeat other side
4. Skaters

1. Figure 8 across body (with dumbbell))
2. Halo (circle weight around head), both directions
3. Arms straight out in front holding dumbbell, short fast trunk twist
4. Single leg balance: knee up, out, in, down, both sides

- Sumo squat, hands on head, drop elbow toward same side knee, then other knee. 4 x, then rise from squat, back down for next 4.

Gentle stretches repeat