

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