

Arms Core Legs (ACL6x)

ASSIMILATION STRETCHING 9-15 minutes (1 BREATH = one thousand one in & one thousand one out)

1. Baby Pose 9 breaths
 2. Cat Pose Down/Up 9 breaths
 3. Dog Pose Down/Up 3 vinyasas 9 breaths
 4. Buso Bridge 9 breaths
 5. Buso Individual Right/Left 9 breaths
 6. Buso Both 9 breaths
 7. Cross Leg Pull-In Right/Left 9 breaths
 8. Open Hip Out 9 each
 9. Side-Step Hip Drop Out 9 each
 10. Hamstring Stretch 9 breaths
 11. Sunrise Sunset Arm 9 each
 12. Table-Top Leg Dips 9 each
 13. Butterfly Pose 9 breaths
 14. Side to Side Hip Roll 9 each
- 3 Minute Water Break

ASSIMILATION WARMUP 9 - 15 minutes

1. Jump Rope 60 seconds
 2. Jog In Place 60 seconds
 3. Karaoke Right/Left 9 transitions
 4. Sumo Deep High Step Forward/Back 9 steps
 5. Squat Lunge Walk Forward/Back 9 lunges
 6. Buddha Pull Push Pose In/Out 9 Breaths
 7. 2 Way Triceps Arm Stretch Right/Left 9 Breaths
 8. Straight Leg Stretch Right/Left 9 Breaths each
 9. Triangle Sky Touch 9 Breaths each
 10. Quad Stretch 9 Breaths each
- 3 Minute Water Break

CORE WORKOUT 45 minutes

1. 24 Switch Hand Push Ups
 2. 24 Seated Surprise
 3. 45 sec. Wall Chair
 4. 24 Hand Drop Push Ups
 5. 60 sec. Sky Toes Twist
 6. 24 Arms Up Lunge
 7. 24 Elbow Push Ups
 8. 24 Seated Kick & Twist
 9. 60 sec. Wall Chair
- 3 Minute Water Break
10. 24 Shoulder Press Push Ups
 11. 30 sec. Superman / 30 sec. Banana Boats
 12. 24 Cross Step Ups
 13. 24 Count Push Ups
 14. 24 Seated Up & Overs
 15. 75 sec. Wall Chair
 16. 90 sec. Plank 3 Ways 30 sec. each
 17. 60 sec. Leg Lifts 30 sec. each
 18. 24 High Low Pivots

LIGHT STRETCH 9-12 minutes

1. Straighten One Leg Pull Across Twist 20 sec.
2. Inside Out Groin Inverted Turtle 20 sec.
3. Cross Leg Hamstring to Chest 20 sec.
4. Runners Stretch 20 sec.
5. Grass Pickers 20 sec.
6. Sky Reach 20 sec.
7. Wide Leg Arm Swing 20 sec.
8. Ply Arm Leg Kicks 20 sec.
9. Happy Baby 20 sec.
10. Baby 20 sec.