



FOUNDATION PROGRAM

WEEK:

WEEKLY GOAL:

Workout A

Exercise	Reps	Completed
Marching with Reverse Arm Circles		
High Knees		
Glute Kick with Row		
Quad Stretch		
Hamstring Stretch		
Glute Stretch		
T-Spine Rotation		
Cat Camels		
Static Balance		
Sit to Stand		
Hip Hinge		
Push Ups		
Getting Down and Up Off the Floor Option:		

Workout B

Exercise	Reps	Completed
Marching with Reverse Arm Circles		
High Knees		
Glute Kick with Row		
Quad Stretch		
Hamstring Stretch		
Glute Stretch		
T-Spine Rotation		
Cat Camels		
I's Y's, and T's		
Hip Abduction		
Static Balance		
Split Squat		
Core Variation:		
Getting Down and Up Off the Floor Option:		

CARDIO

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Activity					
Time					

NOTES: