PT DAY

STRETCH

Run - ( around your house, through your development, park, gravel road, ect) Try to get at least a mile.

20 push ups

40 crunches

25 flutter kicks

40 second plank

20 side straddle hops

10 alternating toe touches

15 decline pushups (put your feet in a chair and decline body with hands on the floor)

20 push ups

30 second plank

\*\*\* If you have a bike, this is also a good cardio exercise just be cautious on the road.