

## **BALANCING BRICKS WORK OUT LIST**

### **WARM UP**

MARCH IN PLACE

STEP OVERS

LEG PUSH OUTS WITH ARM CROSS

FINGER TAPS

WRIST PULL BACK AND DOWN STRETCH

### **EXERCISE BEGINS**

HEAD SHOULDERS HIPS KNEES AND TOES, TOES KNEES HIPS SHOULDERS HEAD

LEG KICKS FRONT

LEG KICKS SIDE

LEG KICKS BACK

SQUATS

LUNGES

CALF RAISES

### **SIT DOWN IN THE CHAIR**

WRIST ROLLS

WRIST FLIPS

LEG EXTENSIONS WITH BEND

LEG EXTENSIONS

CALF PUSH OUTS

BICYCLE

### **STATIC STRETCHES**

QUAD STRETCH

ARM HANGS WITH TOE REACH

DEEP BREATHERS WITH ARM OVERHEAD MOVEMENT

EACH EXERCISE WAS PERFORMED WITH 2 SETS WITH TEN REPETITIONS.

TO CHANGE THE WORKOUT UP YOU CAN PERFORM ADDITIONAL SETS OR REPETITIONS.