

# LIVING AMPED

WARM UP  
COOL DOWN

## MOBILITY

90s/90s Couch Stretch  
90s/90s Pigeon Stretch  
Open Gate (10m)  
Close Gate (10m)  
Heel Walking (10m)  
Toe Walking (10m)  
Walking Lunges (10m)  
Reverse Lunges (10m)  
Lateral Lunges (10m)

## DYNAMIC

High Knees (10m)  
Butt kicks (10m)  
Punter Kicks (10m)  
Forward Skips (10m)  
Backward Skips (10m)  
Lateral Side Shuffle Down (10m)  
Lateral Side Shuffle Back (10m)  
  
2x:  
10 Squats  
10 Push Ups

## BODY WEIGHT MOVEMENT

2 Rounds:  
10 Squats  
10 Push Ups  
  
1 Round:  
10 Goblet Squats  
10 Plyometric Push Ups  
  
Tabata:  
Plank  
Glute Bridges

## KETTLEBELL

Farmers Carry - L  
10 Single Arm Deadlift - L  
Farmers Carry - R  
10 Single Arm Deadlift - R  
Front Rack Carry - L  
10 Single Arm Push Press - L  
Front Rack Carry - R  
10 Single Arm Push Press - R  
Overhead Carry - L  
10 Sumo Deadlift High Pull (SDHP)  
Overhead Carry - R  
10 Russian Swings  
10 American Swings

## RUN LADDER

1 Foot Running  
2 Feet Running  
Right Side Shuffle  
Left Side Shuffle  
Single Leg Hops Right Foot  
Single Leg Hops Left Foot  
Lateral Shuffle Across  
Hop Scotch

## COOL DOWN - OPT 1

Wide Stance, straight legs hand between feet  
In wide stance, walk hands to right side  
In wide stance, walk hands to left side  
Static Lung with Right Leg Forward  
Left Arm, Tricep Stretch  
Left Arm Across Body  
Runners Lunge, Right Leg Forward + Rotation  
Static Lung with Left Leg Forward  
Right Arm, Tricep Stretch  
Right Arm Across Body  
Runners Lunge, Left Leg Forward + Rotation

## COOL DOWN - OPT 2

Lay on back reach arms and legs long  
Bring Knees in Chest  
Drop Knees to Left, look right  
Drop knees to Right, look left  
Right Leg in air pulling towards face  
Left Leg in air pulling towards face  
Come to Seated  
Left Arm, Tricep Stretch  
Left Arm Across Body  
Right Arm, Tricep Stretch  
Left Arm, tricep stretch  
Link hands in front and round back  
Hands on ground behind body, press chest out