



PH TransFORM Fit



Warm Up, Complete every exercise on each round for 1 minute, as many controlled (no momentum) reps as possible, and rest for 1 minute between rounds. Cool Down.

Warm Up

3 Min: High Knee stretch, Squat low, Standing Mountain Pose

Round 1

Weighted: Bicep Curls, Ski'er Motions, Upright Snow angels with weight, overhead press

Round 2

Bands: Standing row, Wide Flies, Active Range of Motion pass thru, Boat Pose Extension, and Russian Twists

Round 3

Body Weight: Heel Taps over cones, Calf raises in Chair Pose, Around the world lunges (front, back, side, curtsy)

Cool Down

3 Min: Figure 4, Halos with Knees, Windshield Wiper Knees, Hip Openers, YTW in Doorway



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Warm Up, Complete every exercise on each round for 1 minute, as many controlled (no momentum) reps as possible, and rest for 1 minute between rounds. Cool Down.

Warm Up

3 Min: Slow Motion Burpees, Mountain Pose, Side Bend

Round 1

Body Weight: Push Ups Tricep Dips, Handstand Practice, Sphinx Pronation & Supination Rotations, and TRX Rows

Round 2

Weighted: Bar Halos in Front, Dumbbell Press, Deadlifts, Supine Kettlebell Halos

Round 3

Bands: Traditional Squat, Glut Bridge, Alternating Donkey Kick - Fire Hydrants, Grapevine, and Ballet Toes

Cool Down

3 Min: Tabletop Flow: Cat, Cow, Thread the Needle, Pigeon, Child's Pose



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