

Many members were asking to get a copy of the exercise Bob, myself and the crew did at the SRD exercise workshop. So here it is just fun, if any one wants to try it.

This exercise last about 30 to 35 minutes long wit 2 to 3 minutes each step.

WORKING THE LEGS

1) WALK IN PLACE

2) SIDE STEP (2 TO THE RIGHT - 1 TO THE LEFT)

3) GRAPEVINE

4) EXTEND RIGHT LEG OUT TO FRONT (LIFT TOES) EXTEND LEFT LEG OUT (LIFT TOES)

5) SQUATS

6) TWIST

UPPER TORSO

1) WALK IN PLACE SWINGING ARMS FORWARD AND BACK (REPEAT)

2) BRING ARMS UP OVER HEAD CROSS AT WRISTS AND BACK DOWN WHILE WALKING IN PLACE (REPEAT)

3) SLIDE ARMS UP THE SIDE - STRAIGHT OUT TO THE SIDE BRING UP OVER HEAD AND DOWN (REPEAT)

4) SHOULDER ROLLS (RIGHT SIDE FORWARD) (LEFT SIDE FORWARD) (RIGHT SIDE BACKWARDS) (LEFT SIDE BACKWARDS) (REPEAT)

5) RIGHT ARM OVER CHEST HOLDING ELBOW PULL, LEFT ARM OVER CHEST HOLDING ELBOW PULL (REPEAT)

6) HANDS OUT IN FRONT WITH PALMS UP. POUR, POUR, POUR, BACK, BACK, BACK (REPEAT)

END WITH THE YMCA song by TOPS