

BAC Home Workouts

Minimal or No Equipment

Workout 2

(Warm-up)	3 x's 60 sec each exercise
Forward Lunge Reach	lunge forward while reaching forward on either side of the leg you stepped forward with alternating left and right
Alternating Overhead Punch	shoulder width feet into a ¼ squat position while alternating punches above your head
Alternating Curtsy Squats	shoulder width feet to begin then take right leg and sweep back around the left dropping down into a squat like “curtsy” alternate sides left and right
(Circuit)	4-6 rounds of 30 sec each exercise with 60-90 sec rest after each round
Lateral 1-foot Hop and Stick	hop to the left onto the left foot sticking the landing then hop back to the right and stick on the right foot
Backward Lunge with Overhead Reach	shoulder width feet to start then step backward into a lunge with the right foot as you reach both arms above your head return to start and alternate feet
Backward Plank	lie on back with legs straight with hands 45 degrees out to your sides lift hips off ground and hold

Standing Counter-top Forward Bend Stretch place both hands on a solid counter top, one with a sink gives you a hand hold, grasp with both hands with feet shoulder width apart, flex the hips and knees and bend forward at the hips with the arms straight, push the hips backward and the knees forward, head should be between your arms, stretch will be felt in lats and lower back

By choosing to participate in any online class/exercise, you hereby waive and release all rights and claims for any damage you have against Bellingham Athletic Club and all representatives for all injuries which may be suffered in connection with your participation.