
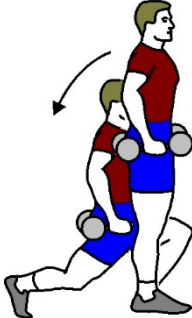

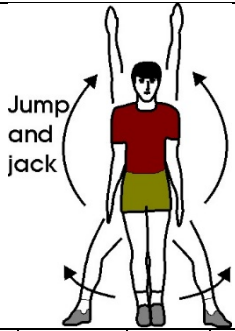

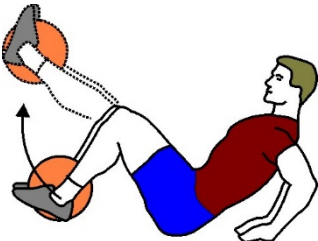

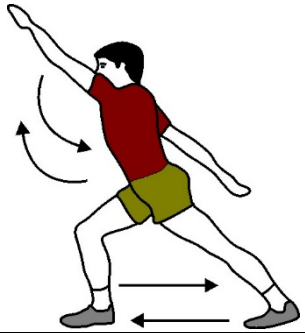
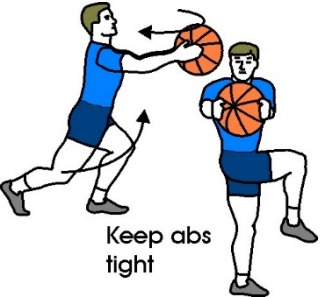

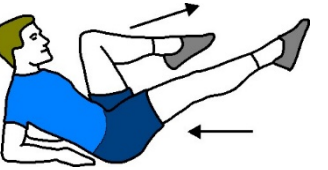





Name : Isolating Room Workout-

Date : May 5th, 2020

Consultant : Lisa Niglia

Jog OTS-warmup				Reverse Lunge				Shoulder Tap Plank				Star Jumps			
															
Set	Rep	Tempo	weight	Set	Rep	Tempo	weight	Set	Rep	Tempo	weight	Set	Rep	Tempo	weight
1	2-3min			2-3	10			2-3	10ea			2-3	1min		
Single leg balance				Use a heavy ball or BBALL				Side plank				Ski OTS			
															
Set	Rep	Tempo	weight	Set	Rep	Tempo	weight	Set	Rep	Tempo	weight	Set	Rep	Tempo	weight
2-3	1min			2-3	20			2-3	30sec			2-3	1min		
Alt knee lift Balance				Single leg lift				Seated Bicycle				Stretch-shoulder sag			
															
Set	Rep	Tempo	weight	Set	Rep	Tempo	weight	Set	Rep	Tempo	weight	Set	Rep	Tempo	weight
2-3	10ea			2-3	20ea			2-3	30			2-3	40sec		