

Breast Cancer Survivor Crew



Dryland Training
Circuit



WARM UP (30 seconds each exercise)

- Forward Arm Circles
- Backward Arm Circles
- Squat to Alternating Arm Reach
- Hip Circles
- High Knee March
- Trunk Rotation
- Y-T-W-L
- Skaters

CIRCUIT (5 Rounds X 10 reps/ 2 minutes rest)

Week 1

- SQUATS
- GLUTE BRIDGES
- PUSHUPS
- PULLOVERS
- HAMMER CURL
- HEEL TOUCHES
- WINDSHIELD WIPERS (KNEES AT 90)
- STANDING TWIST

Weekly Motivation



"A little progress each day adds up to BIG results"

