

# 10 Days to Conquer

# A

# CARTWHEEL

## Day 1

1 - DOWNWARD DOG: POSITION THE BODY WITH HANDS AND FEET ON FLOOR, HIPS POINTED UP TO THE CEILING. HOLD FOR 5 SLOW BREATHS. REPEAT 3 TIMES.

2 - LOW AND HIGH LUNGES: START IN DOWNWARD DOG AND STEP ONE FOOT BETWEEN HANDS. STAY FOR 3 BREATHS. RAISE HANDS TO HIPS AND HOLD FOR 3 BREATHS. RAISE HANDS OVERHEAD AND HOLD FOR 3 BREATHS. REPEAT TWICE ON EACH SIDE.

## Day 2

1 - DONKEY KICKS: START IN DOWNWARD DOG, BEND AT THE KNEES AND KICK FEET UP INTO THE AIR. REPEAT 10 TIMES.

2 - WHEELBARROW WALKS: WHEELBARROW WALK THE LENGTH OF THE ROOM 5 TIMES.

## Day 3

1 - DOWNWARD DOG AND 3-LEGGED DOG: HOLD DOWNWARD DOG FOR 5 BREATHS. RAISE ONE LEG, KEEPING HIPS SQUARE TO GROUND AND HOLD FOR 5 BREATHS. REPEAT WITH OTHER LEG. REPEAT TWICE ON BOTH SIDES.

2 - MOUNTAIN CLIMBERS: START IN PLANK POSITION. MAINTAIN THIS POSITION AND BEGIN RUNNING IN PLACE WITH THE LEGS. SEE HOW LONG YOU CAN KEEP THE LEGS RUNNING! TAKE A BREAK AND TRY IT AGAIN!

## Day 4

1 - LOW AND HIGH LUNGES: START IN DOWNWARD DOG AND STEP ONE FOOT IN BETWEEN HANDS. STAY IN LOW LUNGE FOR 3 BREATHS. RAISE HANDS TO HIPS AND HOLD FOR 3 BREATHS. RAISE HANDS OVERHEAD AND HOLD FOR 3 BREATHS. REPEAT TWICE ON EACH SIDE.

2 - WHEELBARROW WALKS: WHEELBARROW WALK THE LENGTH OF THE ROOM 5 TIMES.

## Day 5

1 - DONKEY KICKS: START IN DOWNWARD DOG, BEND AT THE KNEES AND KICK FEET UP INTO THE AIR. REPEAT 10 TIMES.

2 - INCHWORMS: START IN STANDING. BEND FORWARD AND WALK HANDS OUT INTO PLANK POSITION. WALK FEET UP TO MEET HANDS. REPEAT 10 TIMES.

## Day 6

1 - LUNGE WITH JUMP SWITCH: START IN A LOW LUNGE, HANDS ON FLOOR ON EITHER SIDE OF ONE FOOT. PUT WEIGHT INTO HANDS, ENGAGE CORE MUSCLES, AND JUMP SWITCH THE LEGS SO OTHER FOOT IS IN BETWEEN HANDS. REPEAT 10 TIMES.

2 - DOWNWARD DOG AND 3-LEGGED DOG: HOLD DOWNWARD DOG FOR 5 BREATHS. RAISE ONE LEG, KEEPING HIPS SQUARE TO GROUND AND HOLD FOR 5 BREATHS. REPEAT WITH OTHER LEG. REPEAT TWICE ON BOTH SIDES.

## Day 7

1 - STANDING SPLIT: START IN STANDING. BEND FORWARD AND PLACE HANDS ABOUT A FOOT IN FRONT OF FEET, SLOWLY LIFTING ONE LEG BEHIND YOU AS HIGH AS YOU CAN. HOLD FOR 5 BREATHS. REPEAT TWICE ON EACH SIDE.

2 - INCHWORMS: START IN STANDING. BEND FORWARD AND WALK HANDS OUT INTO PLANK POSITION. WALK FEET UP TO MEET HANDS. REPEAT 10 TIMES.

## Day 8

1 - HALF MOON: START IN STANDING. BEND FORWARD AND PLACE HANDS ON FLOOR ABOUT A FOOT IN FRONT OF FEET. SLOWLY LIFT ONE LEG BEHIND YOU. TRY TO BALANCE AS YOU LIFT THE HAND ON THE SAME SIDE OF THE LIFTED LEG AND BRING IT TO THE HIP. TRY OPENING THE HIPS TO THE SIDE AND EVEN LIFTING THE HAND TO THE SKY! REPEAT ON BOTH SIDES.

2 - TRY 3 CARTWHEELS WITH ADULT ASSISTANCE.

## Day 9

1 - STANDING SPLIT: START IN STANDING. BEND FORWARD AND PLACE HANDS ABOUT A FOOT IN FRONT OF FEET, SLOWLY LIFTING ONE LEG BEHIND YOU AS HIGH AS YOU CAN. HOLD FOR 5 BREATHS. REPEAT TWICE ON EACH SIDE.

2 - TRY 3 CARTWHEELS WITH ADULT ASSISTANCE.

## Day 10

1 - TRY 3 CARTWHEELS WITH ADULT ASSISTANCE.

2 - TRY IT ON YOUR OWN WITH A SPOTTER!

SHARE YOUR SUCCESS STORIES!

#10DAYSTOCONQUER

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