



# SUGARFOOT THERAPY

## SFT STAMINA 1

### WARM-UP

#### TRANSVERSE PIVOT LUNGES WITH HIP ROTATION

8-10x on each leg

#### WORLD'S GREATEST STRETCH

10x on each leg

#### SFT JUMPING JACKS

Frontal plane – traditional jumping jacks 15x

Sagittal Plane – exaggerated running motion 15x

Transverse Plane – toes turn out and in 15x

### STAMINA CIRCUIT

Do each exercise for 60 seconds. Take a 15 second transition in between each exercise.

#### 4 BY 4 SQUAT JUMPS AND PUSHUPS

As many reps as you can in 1 minute

#### 20 BY 20 RAPID-FIRE ROWS AND PUNCHES (using exercise band)

As many reps as you can in 1 minute

#### JUMPROPE

For 1 minute

#### 10 BY 10 SPLIT SQUAT JUMPS AND ICESKATER JUMPS

As many reps as you can in 1 minute

#### 3-WAY DYNAMIC CHARLESTON

You should get through the whole sequence in 1 minute

Front to back (kicking right leg) 5x

Front to back (kicking left leg) 5x

Side to side (kicking right leg) 5x

Side to side (kicking left leg) 5x

Kicking across to curtsy (kicking right leg) 5x

Kicking across to curtsy (kicking left leg) 5x

#### 3-WAY PLANK TUCKS ON SWISS BALL

As many reps as you can in 1 minute

Tuck knees into right elbow

Tuck knees into chest

Tuck knees into left elbow