

Titan Workouts!

- Warm-up activities are good before each workout
 - Do 10 warm-up activities per leg
- Add stretching after your workout to improve your flexibility
 - Hold each for 20-30 seconds and repeat 3-5 times
- Balance can also be practiced after each workout
 - Repeat activities 5 times per leg

Exercise	Target of Exercise	Description
Warm-up (before workout any of the workouts)		
Walking Lunges	Legs	Step forward while moving back leg towards ground
Side to side leg swings	Legs	While standing, swing one leg side to side
High knees	Legs	Jog slowly, raising your knees up to be parallel to ground
Stretching For Flexibility (After workout; 2 times per week)		
Hamstring stretch	Legs	Step forward on one leg move upper body forward by bending at waist until stretch is felt
Hip Flexor stretch	Legs	Step forward and shift your body weight forward while keeping heel on ground
Calf stretch	Legs	Step forward and shift your body weight forward, press heel into the ground
Chest stretch	Chest	Place arms behind your back with interlacing fingers, push chest forward and up
Balance		
Supported Single Leg Toe Touch	Balance	Stand on one leg and touch the toe
Supported Single Leg Squat	Balance	Stand next to something for support, stand on one leg and perform a partial squat