

# Breast Cancer Survivor Crew



Dryland Training  
Circuit



# Weekly Motivation



“A little progress each day adds up to BIG results”



# WARM UP (30 seconds each exercise)

- March in Place with Shoulder Rolls
- High Knee March with Double Arms
- Curtsy with Arm Pull
- Butt Kickers
- Jump Rope (imaginary)
- Modified Jumping Jacks
- Side Lunges
- Half Squat with Cross Arm Stretch
- Front Leg Kicks
- Lateral Football Run with knee up

# **INTERVAL TRAINING**

**(3 Rounds X 30 on-15 off/ 2 minutes rest)**

- SPEED SKATER
- STEP BACK WITH ARM EXTENSION
- DOUBLE KNEE UP WITH ARMS
- PLIE SQUAT WITH AROUND THE WORLD
- SQUAT TO LEG ABDUCTION
- CURSY LUNGE WITH WINDMILL
- SIDE PLANK CRUNCHES
- MOUNTAIN CLIMBER TOE TOUCH

# COOL DOWN (30 seconds each exercise)

- Around the world arm circles and shoulder roll
- Goal Posts up and down
- Neck Stretch
- Tricep Stretch
- Trunk Rotation
- Forward Fold
- Cat Cow
- Back Figure 4 Stretch
- Lying Quad Stretch
- Child's Pose