

FUNCTIONAL MORNING ROUTINE

Date: Duration: **30 Minutes** Intensity: **Moderate**

DONE	EXERCISE	TARGET	REPETITION/TIME
	Cat-Cow & Child's Pose	Mobility	2 Minutes
	Bodyweight Squats	Lower Body	3 Sets x 15 Reps
	Push-Up to Downward Dog	Upper/Core	3 Sets x 10 Reps
	Alternating Reverse Lunges	Balance	3 Sets x 12 Reps
	Plank with Shoulder Taps	Stability	3 Sets x 45 Sec
	Glute Bridges	Posterior	3 Sets x 20 Reps
	Dead Bug	Core Control	3 Sets x 12 Reps

NOTES / HYDRATION TRACKER / FEELING