



Exercise Program: PiYo - Heat Builder

Exercise	Equip/Cues	Weight	Sets	Reps
Forward Fold Into half lift	*hands on hips and fold forward with a flat back *lift up half way then back down			
High plank to knees	*place hands on the ground and step back into high plank *drop down to the knees			
4 tricep pushups	*elbows tight			
4 crouching downward dogs	*high plank position *push back into downward dog *back to high plank *slight drop in knees then straighten back up *back into downward dog *repeat for 4			
	Repeat above series			
Forward fold into half lift	*as above			
High plank to chattaronga	*this can be a tricep pushup from knees into baby cobra *or full chattaronga with upward dog			
Downward dog				
	Repeat last 2 lines to make a flow for 4			
	Step in and bring arms up overhead			
Cross chair into side bend	*press palms together and sit back into chair as you take right elbow to outside of left knee keeping elbows wide pushing palms together *release hands and come back to standing taking right hand overhead into a side bend *switch sides and continue alternating for 4			
4 R reverse lunges 4 L reverse lunges	Repeat Above Chair series 2 times			
	Repeat from top			
Bonus: Low lunge w/arms up	*from low lunge place hands on either side of front foot *rotate and bring arm of lead leg into the air facing it *bring back to center with both hands down and step in *come to standing...forward fold half lift then back into low lunge with arms overhead...repeat series through on same side for 4 then switch sides			

