

Rock Steady Station Workout

Perform each station for 30 seconds/Rest and Repeat as many times as you'd like

- ▶ Station 1: Cardio – Jumping Jacks- with or without the bounce
- ▶ Station 2: Upper Body – Push ups- On the floor, wall or table
- ▶ Station 3: Lower Body – Sit to Stand- Using a chair
- ▶ Station 4: Core – Bicycles- Laying on a mat or carpeted floor
- ▶ Station 5: Cardio – Boxing Jabs- Air boxing, boxing gloves or a soup can in each hand

*Be sure your environment is safe

**Be sure to stretch before and after your workout

***Be sure to have water available