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