



Health & Wellness – Hawk Trail

RendezvousWellness.com

Posts

- 1a. Warm-up – High knees, posture, core
- 1b. RPE Scale Introduction – Level 5

- 2a. Stumps – Single leg dip. Independent leg strength, joint strength, balance
- 2b. Step-ups – Cardio, legs, glutes, balance; Walk Focus – RPE 6-7

- 3a. Wide-legged Squat & Overhead Press. Total-body toning & cardio
- 3b. Walk Focus – RPE 7

- 4a. Tree Stand – Balance, glutes, hamstrings, core, mental focus
- 4b. Walk Focus – RPE 7.5-8

- 5a. Lateral Squat & Lift – Inner / outer thighs, hips, glutes, obliques, balance
- 5b. Walk Focus – RPE 7.5-8

- 6a. Split Squat – Independent leg strength, balance
- 6b. Tight Rope Log Walk – Balance, kinesthetic & proprioceptive awareness;
Walk Focus – RPE 7.5-8

- 7a. Standing “C” Crunch – Core, back, shoulders, glutes
- 7b. Lateral Press – Inner / outer thighs, core stability, cardio

- 8a. Stretches – Flexibility
 - Hip flexors, hamstrings, quadriceps, calves



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