

# Boundless Family Challenge Workout

- **Opening warmup ~5-10 minutes**
  - Kneeling 3D anterior hip stretch
    - 5-10 reps each direction
  - Kneeling 3D groin stretch
    - 5-10 reps each direction
  - Lying dynamic hamstring stretch
    - 5-10 reps each side
  - Supine knee bends / thoracic and spine stretch
    - 5-10 reps each direction
  - Roll over prone into alt spider man stretch
    - 5-10 reps each direction
  - Iso hold spider man with thoracic rotation
    - 5-10 reps each direction
  - Downward dog
    - 20-30s
  - Pilates rollup
- **Movement circuit ~15-25 minutes**
  - Lunge matrix
    - 3-6 reps each direction
  - Squat matrix
    - 5-10 reps each position
  - Push up matrix
    - 1-5 reps each direction
  - Single leg bridge matrix
    - 1-5 reps each direction
  - Plank hip matrix
    - 5-10 reps each direction
  - Side plank hip matrix
    - 5-10 reps each direction
  - Hop matrix
    - 5-10 reps each direction
  - Mobility recovery
    - 90/90 hip flow
    - Standing shoulder cars
    - Standing spinal cars
    - Standing hip cars
  - Repeat once more
- **Movement as play ~10-15 minutes**

- 3D maps stability flow
  - 5-10 reps each direction
- 3D maps mobility flow
  - 5-10 reps each direction
- **Core finisher ~5-10 minutes**
  - Pilates ab series of 5
    - 5-10 reps of each
  - Pilates rollups
    - 5-10 reps
  - Prone cobra
    - 5-10 reps
  - Superman dynamic
    - 5-10 reps
  - Reverse snow angels
    - 5-10 reps
- **Mindful cooldown ~2-5 minutes**
  - Breathing squats
    - 10 reps
  - Pilates standing spinal flexion/extension synched to one breath