



Sample Flute Workout



Exercises are divided into sets. Do each exercise for 45 seconds, followed by 15 seconds of rest. Do each set 3x.

Warm-Up (3x = 9 minutes)

1. Neck rolls
2. Shoulder lift and lower
3. Arm swings

Upper Body (3x = 9 minutes)

1. Arm circles
2. Y-T-W
3. Standing Twist and Reach

Core (3x = 9 minutes)

1. Standing Crunches
2. No-pull crunches
3. Plank with toe tap

Lower Body (3x = 9 minutes)

1. Mountain climbers
2. Squat jumps
3. Donkey kicks

Total time = 36 minutes

There are lots of timer apps that you can put on your phone. You could keep it simple and just program one for 2 intervals – one of 45 seconds, the other of 15 seconds. Or you can make a complete workout timer, and time out the whole thing. I do that with an app called Interval Timer.