

DO THESE 10 WORKOUTS EVERY DAY

Gentle Self-Care for Those Supporting Autism

ROUND 1



1

HIGH PLANK

3 Sessions

30 Sec each

15 Sec rest



2

BACK PLANK

3 Sessions

30 Sec each

15 Sec rest



3

SIDE PLANK

3 Sessions

30 Sec each

15 Sec rest



4

BACK DIP

3 Sessions

10x Each

15 Sec rest



5

SQUAT

3 Sessions

25x Each

15 Sec rest

ROUND 2



6

SIT UP

3 Sessions

30x Each

45 Sec rest



7

DONKEY KICK

4 Sessions
2 left, 2 right

30x Each

45 Sec rest



8

SUMO LEG STRETCH

1 Session

30x Stretch

45 Sec rest



9

SUMO SQUAT

1 Session

20x Squats

45 Sec rest



10

TWIST & TONE

2 Sessions

25 Sec each

15 Sec rest