

15 MINUTES THAT COUNT



A SIMPLE STRENGTH & MOBILITY RESET



TIME
15 MINUTES



EQUIPMENT
MAT + DUMBBELLS



LEVEL
BEGINNER-FRIENDLY



FOCUS
STRENGTH +
MOBILITY

WHAT YOU'LL NEED



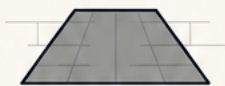
MAT



DUMBBELLS



WATER



FLOOR SPACE

She Shoots & Scores Tip

Focus on control, not speed.
Quality movement today =
stronger you tomorrow.

1. WARM UP – 2 MINUTES

30 SECONDS EACH

MARCH IN PLACE



ARM CIRCLES



BODYWEIGHT GOOD MORNINGS



ALTERNATING KNEE HUGS



2. SQUAT + PRESS – 2 MINUTES

A



B



40 SEC WORK • 20 SEC REST • X2
FOCUS: Legs • Glutes • Shoulders • Core

3. REVERSE LUNGE + ROTATION – 2 MINUTES

A



B



40 SEC WORK • 20 SEC REST • X2
FOCUS: Legs • Glutes • Core • Mobility

4. DUMBBELL ROW – 2 MINUTES

A



B



40 SEC WORK • 20 SEC REST • X2
FOCUS: Upper Back • Arms • Postural Strength

5. GLUTE BRIDGE – 2 MINUTES

A



B



40 SEC WORK • 20 SEC REST • X2
FOCUS: Glutes • Hamstrings • Core

6. BIRD DOG – 2 MINUTES

A



B



40 SEC WORK • 20 SEC REST • X2
FOCUS: Core • Back • Balance

7. MOBILITY RESET – 3 MINUTES 30 SECONDS EACH

CHILD'S POSE
+ SIDE REACH (EACH SIDE)



HALF-KNEELING
HIP-FLEXOR STRETCH
(EACH SIDE)



CHEST OPENER
(EACH SIDE)



MOVE WITH PURPOSE. RECOVER WITH INTENTION. YOU'VE GOT THIS.



DISCLAIMER: Always listen to your body and move within your comfort level.
Consult your doctor before starting any new exercise program.



SHE SHOOTS & SCORES

Real Sports. Real Opinions. Real Life. Real Impact.