



The Original
Wellness Drink.™

Florida Orange Juice x Jenna Braddock Spring 2026 Workout

Total workout time: 28 minutes

Any movement can be completed "low impact" and without the use of a band.

Warmup (2 minutes)

Movement	Time	Description
Jump rope skip	30 seconds	"Pretend jump rope"
Knee Hugs	30 seconds	
Good mornings	30 seconds	
Arm Hugs	30 seconds	

Workout - 4 rounds (24 total minutes)

Movement	Work/Rest time	Description
Skaters (Cardio)	40 seconds/ 20 seconds	Jump side to side mimicking the movement of a speed skater. Step side to side for lower impact.
Squat → Thruster (Quads/Shoulders)	40 seconds/ 20 seconds	Place band under feet, hip distance apart. Hold the band in both hands in front rack position (in front of the collar bone). Start with a squat and progress to adding overhead press in rounds 2 and on.
Bent over Row (Back)	40 seconds/ 20 seconds	Band stays under feet. Arms lower to sides. Hinge at the hips and hold this position. Drive elbows up, squeezing shoulder blades together, pulling the band back. Return hands back to sides. Repeat.
Lunge with Chest Press (Gluts/chest)	40 seconds/ 20 seconds	Place the band across shoulder blades and under armpits. Hold each end in a fist. Lunge forward with the right leg and return to standing. Press hands forward, squeezing slightly together. Return hands to armpits. Lunge with the left foot. Press hands forward, squeezing slightly together. Repeat.



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Plank Hold → Shoulder Taps (Core)	40 seconds/ 20 seconds	On the floor, press into a plank position (option to have knees on the ground). Hold position. If desired, add alternating shoulder taps.
Good Mornings	40 seconds/ 20 seconds	Loop band under feet, hip distance apart. Pull the band behind your neck with hands resting on shoulders. Bend knees slightly, hinge at hips keeping a flat back and bow. Return to standing. Repeat.

Cool-down (2 minutes)

Movement	Time
Half Moon Stretch	30 seconds
Chest Expansion	30 seconds
Quad Stretch	30 seconds
Forward Fold	30 seconds

This workout was developed by Jenna Braddock, MSH, RDN, CSSD, CPT, in partnership with Florida Orange Juice.

Amid today's wellness trends, **Florida Orange Juice** stands out as a naturally nutrient-dense beverage that delivers essential vitamins and minerals. It's The Original Wellness Drink™ – easy, satisfying and grown with care by generations of Florida Citrus growers.

Jenna Braddock, MSH, RDN, CSSD, LD/N, ACSM-CPT, CF-L1 is a Florida-based nutrition expert, certified personal trainer, and sports dietitian who provides science-backed, sustainable strategies to support energy, health, and performance. Since 2004, Jenna Braddock has helped people find fun, effective, and approachable ways to be fit as a group fitness instructor and coach. She is also a sought-after speaker, group educator, and counselor who combines her expertise in sports nutrition, clinical health, fitness, and well-being to help individuals—from busy professionals to elite athletes—show up with more energy for the people and things that matter most to them. Jenna is also the author of two cookbooks, the creator of a menopause-focused lifestyle program, and shares practical, approachable advice on her website, JennaBraddock.com. Her sports nutrition practice can be found at RhythmSportsNutrition.com.