

Strengthening



A. Scissors

>> 3 x 20 scissors, alternating to each side, 20 sec. break

Lie flat on your back, hands behind your head. Pull up both upper legs to a vertical position. Move right elbow to left knee while stretching the right leg to full extension (horizontal) but not touching the ground. Then execute the opposite movement fluently.

B. Spine twist

>> 2 x 8 x 5 sec. hold, alternating each side, 20 sec. break

Lie flat on your belly, hands behind your head. Lift legs and chest slightly up. Twist (open) left shoulder upwards, hold this position. Then execute the same motion with your right shoulder.

C. Burpees

>> 3 x 8 burpees, 30 sec. break

Bend over or squat down and place your hands on the floor in front of you, just outside of your feet. Jump both feet back so that you're now in plank position. Drop to a push-up—your chest should touch the floor. You can also drop to your knees here, which makes the impending push-up easier. Push up to return to plank position (this can be a strict push-up, a push-up from the knees, or not a push-up at all (i.e., just push yourself up from the ground as you would if you weren't working out)—your choice). Jump the feet back in toward the hands. Explosively jump into the air, reaching your arms straight overhead.

D. Forward walking lunges

>> 4 x 8 lunges, alternating each leg, 20 sec. break

Stand upright, feet together, and take a controlled step forward with your right leg, lowering your hips toward the floor by bending both knees to 90-degree angles. The back knee should point toward but not touch the ground, and your front knee should be directly over the ankle. Press your right heel into the ground, and push off with your left foot to bring your left leg forward, stepping with control into a lunge on the other side.

E. Squat with single-leg curl

>> 3 x 12 leap frogs, alternating to each side, 30 sec. break

Stand upright, feet shoulder wide, hands behind the head. Move down by bending knees to 90-degree angles, head position stays vertical above the feet (squat!). Move your body center slightly to one side, push your body upwards and execute a curl with opposite sided leg. Then repeat the motion to the other side.

F. Hip lifter

>> 3 x 10 hip lifter, 20 sec. break

Lie flat on your back, hands behind your head. Lift legs slightly from the ground (start position). Pull up both straight legs to vertical position and lift the hip 2-3 inch upwards. Release hip slowly back to the ground and move straight legs downwards to start position.

G. Side bridge

>> 6 x 15 sec. hold, alternating each side, NO break

Start on your side with your feet together and one arm extended directly below your shoulder. Contract your core and raise your hips until your body is in a straight line from head to feet. Spread the top arm vertical upwards and the top leg as high as possible. Hold the position. Then switch the side.

H. Walking push-ups with circle

>> 3 x 12 push-ups, alternating each side, 30 sec. break

The starting position is facing down with weight distributed on the hands and feet. The body is rigid and straight, and the hands are placed shoulder width apart. Step with your left hand one foot to the left and follow this direction with your body center. Lower your body until your chest nears the floor at the bottom of the movement, move your body center back to the middle and then return up to the starting position. Repeat the motion to the other side.

