



AND PROPER  
TECHNIQUE MANUAL



NO EQUIPMENT REQUIRED

BODY WEIGHT EXERCISES

CRANK THE TUNES

MOVE YOUR BODY

ENJOY

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# Using In Da House Lockdown Workouts

## Get yourself some groovy tunes

It goes without saying! Please get your tunes lined up. Support your favourite artists, download your favourite DJs hypeset, put together a great mix, set Spotify to funky, whatever floats your boat. Soundcloud has great tunes and no ads. Try Slink at Shambhala to start

<https://soundcloud.com/slynk/sets/slynk-live-shambhala-fractal-1>

## Familiarize yourself with proper technique

With each exercise there is a photo of the lovely Alicia (a certified personal trainer) demo-ing the exercises, as a visual cue for you. If you have never performed that type of exercise before, please LEARN the position and HOW to do technique PROPERLY. Please make your way to page 22 - READ the INSTRUCTIONS and learn the Techniques there, listed A->Z.

## Warm up & Cool down each time

Properly warming up allows you to ease into the physical activity, to reduce injury and get the circulation going to your muscles, and a proper cool down enhances the benefits of the workouts and reduces soreness.

## Start slow and work your way up

Look over the workouts. There are actually 25! There are 5 bonus short workout circuits without images on page 21. Day 1 - review and practice the warm up, stretches and cool down. The next day, practice techniques while carefully adding a short workout. It will take a lot longer the first time. The next day, try another, and stick to those for the first week as your body adapts to this type of regular exercise.

## Know your body and respect it

When and if we are fatigued, it can be easy to perform things with poor technique and poor form. Performing exercise with poor form is not going to create the body and the health that you want. Know your limit, and stop before it. If you have been feeling emotionally stressed, or not sleeping well, or if you have an autoimmune condition, please realise that this will impact your ability to exercise and to recover. Even if you do not feel too sore, be cautious that you are not pushing yourself too far. Rest, recover, then repeat.

## **Warm-Up & Cool Down**

The Warm-Up & Cool Down should be a part of each workout you do. This is a very important part of a workout, and for some, could be the workout!!

The warm-up primes your body, and starts getting more blood and oxygen to your muscles for the workouts. This is important not only to make the most of your workout, but to reduce injury also!

The cool down is equally as important! It helps to return your heart rate back to normal levels, and definitely helps to reduce the effect of DOMS (delayed onset muscle soreness) that you feel 24-48 hours after working out! Stretching also helps to keep your muscles at a more optimal length so you are not as tight throughout the day.

### **Warm-Up:**

- 30 sec body weight squats (page 49)
- 30 sec alternating backwards lunges (page 38)
- 30 sec push-ups (page 43)
- 30 sec bicycle crunches (page 26)
- 30 sec plank (page 41)
- 30 sec mountain climbers (page 38)

### **Stretching & Cool-Down:**

Hold each stretch for at least 20-30 seconds for the greatest benefit.

- [Do a neck shoulders and upper back routine](#) or your own choice:
  - o 10 Large Arm circles forward & backward
  - o 20-30s Triceps
  - o 20-30s Shoulders
  - o 20-30s 1 [Torso Stretch](#)
  - o 20-30s 1 Torso Stretch (change it up)
- 5-8 [Down Dog into Cobra](#)
- 20-30s [Hip Flexor Stretch](#) (don't hold too long)
- 20-30s 1 [Hamstring Stretch](#) (both legs)
- 20-30s 1 Hamstring Stretch (switch it up)
- 20-30s [Piriformis Stretch](#)
- 20-30s [Quadriceps Stretch](#) (each)
- 20-30s 1 [Inner Thigh Stretch](#)
- 4-6 [Worlds Greatest Stretch](#) (each side)



## **WORKOUT #1: TOTAL BODY BLASTER (30 MINUTES TOTAL)**

### **Warm-Up (5-10 minutes)**

**Timed:** (10 minutes) As many cycles through as possible

10 push-ups  
10 full sit-ups  
10 regular burpees

### **1-3 minutes rest**

**Timed:** (10 minutes) As many cycles through as possible

10 body weight squats  
10 reverse lunges (5 on each side)  
20 mountain climbers

### **1-3 minutes rest**

**Core:** 2 sets

45 sec alternating quadruped  
30 sec jackknife (left side)  
30 sec jackknife (right side)  
30 sec of Reverse Crunches  
30 sec of oblique Crunches (left)  
30 sec of oblique crunches (right)

### **Cool Down & Stretch (5-10 minutes)**

## **WORKOUT #2: TOTAL BODY CHALLENGE (20-30 MIN TOTAL)**

### **Warm-Up (5-10 minutes)**

Complete this circuit in the best time possible with perfect form. (Modify where necessary)

- ¼ Mile Run
- 50 Push-Ups
- ¼ Mile Run
- 50 Squats
- ¼ Mile Run
- 50 Burpees
- ¼ Mile Run
- 50 Bicycle Crunches

### **Cool Down & Stretch (5-10 minutes)**

### **#3: TABATA TIME (24 MIN - WORK UP to 36 MIN WORKOUT)**

Tabata Time! You will need a stopwatch for this one! [What is Tabata?](#) Tabata is intense -20 seconds on, 10 seconds recovery, for 8 sets and **4 minutes**. Alternate between the following exercises throughout the Tabata. Need to see one to understand? Here is [an example](#) or [two](#) of a single set.

#### **Warm-Up (5-10 min)**

##### **Tabata #1:**

20 sec 3"Lunges (alternate each work period between right and left side)  
10 sec Recovery - use to get into position for next Tabata

##### **Tabata #2:**

20 sec Suicide Tap-Downs  
10 sec Recovery - use to get into position for next Tabata

##### **Tabata #3:**

20 sec Push-Ups  
10 sec Recovery - use to get into position for next Tabata

##### **Tabata #4:**

20 sec Jump Squats  
10 sec Recovery - use to get into position for next Tabata

##### **Tabata #5:**

20 sec Knees-to-Elbows  
10 sec Recovery - use to get into position for next Tabata

##### **Tabata #6:**

20 Spiderman Plank  
10 sec Recovery

**Do another set - up to 4. Take a 1-2 minute rest between each Tabata set!**

#### **Cool Down & Stretch (5-10 minutes)**

## **WORKOUT #4: LEGS (30 MIN WORKOUT)**

### **Warm-Up (5-10 min)**

**Strength Circuit: 3 sets. Allow 1-2 minutes rest between sets.**

30 sec Lateral Lunges Left (stationary or stepping)  
30 sec Lateral Lunges Right (stationary or stepping)  
30 sec 1-Leg Reaches (Left)  
30 sec 1-Leg Reaches (Right)  
30 sec Suicide Push-Ups  
30 sec Bench Crunches  
30 sec Plank

### **1-2 min rest**

**Tabata #1:** (20 seconds work/10 sec recovery for 4 minutes). Example: 20 sec high knees, 10 sec rest, 20 sec flutter kicks, 10 sec rest, REPEAT until you reach 4 minutes total.

**Exercises:** High Knees vs. Big Flutter Kicks

### **1-3 min rest**

**Tabata #2:** (20 seconds work/10 sec recovery for 4 minutes)

**Exercises:** V-Jumps vs. Tuck Jumps

### **1-3 min rest**

**Core:** 2 sets. Allow 30-60 sec rest between sets.

60 sec Jackknives (switch legs after 30 seconds)  
60 sec Plank  
30 sec Quadruped (alternating)  
30 sec Opposite Arm- Opposite Leg

### **Cool Down & Stretch (5-10 min)**

## **WORKOUT #5: 20 MIN QUICKIE!**

### **Warm-Up (5-10 min)**

**Timed (10 minutes)** As many cycles through as possible

8 squat jumps

8 push-ups

15 bicycle crunches

### **Rest 1-3 minutes**

**Timed (10 minutes)** As many cycles through as possible

8 lateral lunges (4/side)

8 dips (on a bench)

16 mountain climbers (16/side)

### **Cool Down & Stretch (5-10 min)**

## **WORKOUT #6: CORE & METABOLIC BOOSTER**

### **Warm-Up (5-10 min)**

**Timed: (10 minutes)** As many cycles through as possible

8 floppy burpees

10 1-legged reaches per side

10 flutter kicks

**then... (core!)** 10 exercises for 10 minutes (45 secs work 15 secs recovery)

- Jack knife (Right leg extended)
- Bicycle crunches
- Jack knife (Left leg extended)
- Superman hold
- Oblique crunches (Right side)
- Plank
- Oblique crunches (Left side)
- Reverse crunches
- Side plank with dip (Right side)
- Side plank with dip (Left Side)

### **Cool Down & Stretch (5-10 min)**

## **WORKOUT #7: LUCKY 7'S CHALLENGE (25-30 MIN)**

### **Warm-Up (5-10 min)**

**7 Rounds** of this circuit without stopping in your best time possible!

- 7 Pike Push-ups
- 7 V-jump into Tuck jump (7 of each)
- 7 Inchworms OR Deck Squats
- 7 Basic Squats
- 7 Straight Leg Sit-ups (Full sit-ups with the legs straight)
- 7 Reverse Lunges (7 per side)
- 7 Floppy Burpees

### **Cool Down & Stretch (5-10 min)**

## **WORKOUT #8: THE SMOKER! (40-50 MIN BOOT CAMP STYLE)**

### **Warm up (5-10 minutes)**

Complete this ENTIRE workout in your best time possible. Modify anything needed (rep count, distance, even the exercise itself if you have limitations.)

- ½ Km run or a ¼ mile run
- 50 Lunges (25/side)
- ½ Km run or a ¼ mile run
- 50 Dips (on a bench or chair)
- ¼ mile run
- 50 Bicycle Crunches
- ½ Km run or a ¼ mile run
- 50 squats
- 50 Bicep Curls (Push-Ups if you don't have weights)
- 20 Lunges (10/side)
- ½ Km run or a ¼ mile run
- 50 Mountain Climbers
- ½ Km run or a ¼ mile run

### **Cool Down & Stretch (5-10 min)**

## **WORKOUT #9: THE TWISTED LADDER CHALLENGE!**

### **Warm up (5-10 minutes)**

Complete this ENTIRE circuit at one time in your best time possible (with perfect form). Use modifications and scale when necessary.

- ½ mile run
- 10 Full Sit-ups
- 40 Box Jumps (mod with 40 burpees or 40 step-ups *per side*)
- 20 Full Sit-ups
- 30 Box Jumps (mod with 30 burpees or 30 step-ups *per side*)
- ¼ mile run
- 30 Full Sit-ups
- 20 Box Jumps (mod with 20 burpees or 20 step-ups *per side*)
- 40 Full Sit-ups
- 10 Box Jumps (mod with 10 burpees or 10 step-ups *per side*)
- ½ mile run

### **Cool Down & Stretch (5-10 min)**

## **WORKOUT #10: THE 100'S WORKOUT!**

### **Warm up (5-10 minutes)**

You must complete these in order, and finish ALL 100 reps. You can break the exercises into different reps (ex 25 reps instead of 100, but you must do 25 reps of each exercise in a row, and then go back and complete 3 more sets.) Minimal rest periods!! Have fun! Don't forget to cool down when you are done.

- 100 Jumping Jacks
- 100 Alternating Backward Lunges
- 100 Assisted/ Regular Push-ups
- 100 Squat Jumps
- 100 Dips (use a chair or bench)
- 100 V-Jumps
- 100 Inchworms
- 100 Alternating Front Kicks
- 100 Prisoner Squats (quick- no lock at the top)
- 100 Supermans
- 100 Mountain Climbers
- 100 Crunches (Legs down)
- 100 Bicycle Crunches

### **Cool Down & Stretch (5-10 min)**



## **WORKOUT #11: QUICK CORE & GLUTE BUSTER (20 MIN)**

### **Warm up (5-10 minutes)**

#### **Core Set #1: 2-3 sets each:**

30 sec Scissor Kicks  
30 sec Flutter Kicks  
30 sec Bicycle Crunches  
30 sec Spiderman Plank  
3 x 10 sec hold Hip Bridges  
30-60 sec rest between sets

#### **Glute Set # 1: 2-3 sets**

30 (15 + 15) Abduction (15 full range straight to 15 top ½ of range) left side  
30 (15 + 15) Abduction (15 full range straight to 15 top ½ of range) right side  
20 Fire Hydrants left  
20 Fire Hydrants right  
20 Donkey Kicks left  
20 Donkey Kicks right  
30-60 sec rest between sets

#### **Core Set #2: 2-3 sets**

30 sec Opposite hand, opposite leg (left hand, right leg)  
30 sec Opposite hand, opposite leg (right hand, left leg)  
30 sec Side plank (left side)  
30 sec Side plank (right side)  
30 sec Plank (1-leg up)  
30 sec Hip Bridges  
30-60 sec rest between sets

### **Cool Down & Stretch (5-10 min)**

## **WORKOUT #12: FAT BLASTER CARDIO & CORE:**

### **Warm up (5-10 minutes)**

#### **Cardio Training:**

Interval Training 30 minutes: bring a watch with you that keeps seconds. Run at a fast pace for 1:30 (minute and a half) and recover (slow jog/very fast walk) 1 min. Keep repeating this until you complete the 30 minutes. The time will go by faster than you think because you will be watching the clock. Do the best that you can! Cool down and stretch well when you are finished.

#### **Core Work:**

- 60 seconds Jackknife (30 sec on each side)
- 50 basic crunches (for speed)
- 40 Supermans
- 35 Scissor Kicks
- 30 Sec Left Side Plank
- 25 Reverse Crunches
- 20 Second Regular Plank
- 25 Crunches Legs Up (as straight as you can make them)
- 30 Sec right Side Plank
- 35 Second Flutter Kicks
- 40 bicycle crunches
- 50 Sea Turtles
- 60 seconds Jackknife (30 sec on each side)

### **Cool Down & Stretch (5-10 min)**

## **WORKOUT #13: SCULPTING TIGHT GLUTES, HIPS, & THIGHS**

**Warm up (5-10 minutes)**

**Circuit 1: Repeat 3 times with minimal rest between circuits**

- 20 Basic Squats
- 20 Mountain Climbers
- 20 Walking Lunges
- 10 Burpees

**Circuit 2: Repeat 3 times with minimal rest between circuits**

- 10 Lateral Lunges
- 20 V-Jump to Tuck Jump (the set counts as 1 rep)
- 20 Sumo Squat
- 20 High Knees (Each Side!)

**Circuit 3: Repeat 2 times with minimal rest between circuits**

- 20 Groucho Walk Forward (a favorite of mine from P90X!)
- 20 Groucho Walk Backward
- 20 Jumping Jacks
- 20 Front Kicks (each side)

**Circuit 4: Repeat 1 time with minimal rest between circuits**

- 25 Abduction - on each side
- 25 Fire Hydrants on EACH side
- 25 Donkey Kicks on EACH side
- 25 Supermans
- 25 Hip Bridges

**Cool Down & Stretch (5-10 min)**

## **WORKOUT #14: UPPER BODY STRENGTH & TONING**

### **(WEIGHTS NEEDED)**

#### **Warm Up with:**

- 15 Large Arm Circles (forward and backward)
- 10 Down Dog with SCOOP into Cobra
- 10 Push-Ups (assisted or Regular)

#### **Then, complete 3 Sets (straight though without rest if possible):**

- 10 Push-Ups *straight into* 30 seconds Plank

#### **Then complete this GIANT Circuit: Repeat 2-3 times (use 5-10 lb weights)**

- 18 Rows (on each side with weight)
- 18 Tricep Kickbacks (with weight)
- 18 Bicep Curls (with weight)
- 18 Presses (left arm) (with weight)
- 18 Flys (with weight)
- 18 Reverse Flys (with weight)
- 18 Dips on a chair or bench
- 18 Hammer Curls (for Biceps - with weight)
- 18 Presses (right arm) (with weight)
- 18 Push-Ups
- 18 Pullovers (with weight)
- 18 Skull Crushers (with weight)

After you have completed your 2-3 sets, your upper body should be pretty fatigued! Finish it off with 2 MINUTES of arm circles! 60 seconds to the front and *another* 60 seconds backward. Enjoy!

#### **Cool Down & Stretch (5-10 min)**

## **WORKOUT #15: WICKED CHALLENGE (MOSTLY LOWER BODY)**

### **Warm up (5-10 minutes)**

Complete this ENTIRE workout at one time in your best time possible. Use modifications and scale when necessary. It looks easy- but this one is VERY deceptive!

### **Complete 3 Rounds in your best time possible:**

- ¼ mile run
- 30 Squat Jumps
- 30 Dips (on a bench)
- 30 Walking Lunges (30 per side)
- 30 Sit-ups

### **Cool Down & Stretch (5-10 min)**

## **WORKOUT #16: FAST TOTAL BODY METABOLIC CHALLENGE**

### **Warm up (5-10 minutes)**

Complete **2 SETS** of this ENTIRE workout at one time in your best time possible. Use modifications and scale when necessary.

- 50 reps of Jump Rope
- 40 reps of Squats
- 30 reps of Push-ups
- 20 reps of Burpees
- 10 reps of Deck squats or Inch Worms

### **Cool Down & Stretch (5-10 min)**

## **WORKOUT #17: LADDER & CORE CONDITIONING!**

### **Warm up (5-10 minutes)**

**Ladder Challenge:** Ladder the following exercises from 10 □ 1 with the exercises listed below. Challenge will run as follows: 10 reps set-ups (left side), 10 reps step-ups (right side), 10 dips, 10 Floppy Burpees, then 9 reps set-ups (left side), 9 reps step-ups (right side), 9 dips, 9 Floppy Burpees, and so on until you reach one rep for each exercise.

- Step-ups (left leg)
- Step-ups (right leg)
- Dips
- Floppy Burpees Baby!

**Rest as needed and then...**

### **Core: 2-3 sets**

- 30 sec regular plank (1-leg up if possible)
- 60 sec Jackknives (30 sec left & 30 sec right)
- 2 x 10 sec hold on hip bridges

### **Cool down & Stretch (5-10 minutes)**

## **WORKOUT #18: BODY WEIGHT CONDITIONING**

### **Warm up (5-10 minutes)**

**Complete this GIANT Circuit: 3 Sets** as fast as you can (with perfect form).  
20 seconds each exercise:

- 20 sec Push-ups
- 20 sec Knees-to-elbows
- 20 sec Burpees
- 20 sec High knee
- 20 sec Basic squats
- 20 sec Bicycle crunches
- 20 sec V-jumps
- 20 sec Flutter kicks
- 20 sec Superman plank
- 20 sec Jump lunges
- 20 sec Russian twist

### **3 minutes rest between each set**

**Then, complete 3 Sets** of the following core circuit (30 sec per exercise):

- 30 sec Plank
- 30 sec Side plank with a dip – left side
- 30 sec Plank
- 30 sec Side plank with a dip – right side

### **1 minute rest between sets**

### **Cool down & Stretch (5-10 minutes)**

## **WORKOUT #19: GLASS BOX OF EMOTION...**

Great workout! (weights needed)

### **Warm up (5- 10 min)**

**Complete each circuit below once, allow 1-2 minutes rest between each set**

**Set #1: 6 minutes** - Complete As Many Rounds As Possible (AMRAP)

- 15 Squat Jumps
- 10 Sumo-Deadlift High-Pulls
- 5 Push-ups

**Set #2: 5 minutes AMRAP**

- 5 Reverse Lunges (5 per side)
- 7 Presses (7 Shoulder Presses per side)
- 9 Sit-Ups

**Set #3: 4 minutes AMRAP**

- 5 One-legged Reaches
- 10 Cross-Body Mountain Climbers
- 15 Bicycle Crunches

**Set #4: 3 minutes AMRAP**

- 6 Step-Ups (6 each side)
- 6 Dips

**Set #5: 2 minutes AMRAP**

- 5 Bicep Curls
- 5 Suicide Push-ups
- 5 Bench Crunches

**Set #6: 1 minute (As many reps as possible!!)**

- Floppy Burpees!

**Cool down & Stretch (5-10 minutes)**



## **WORKOUT #20: KILLER 500 WORKOUT CHALLENGE!**

This is the ULTIMATE social distancing workout guaranteed to kick your butt!



### **Warm up (5-10 minutes)**

**Challenge:** Complete this entire circuit in your best time possible with perfect form. Modify where needed and rest ONLY as needed only. The ¼ mile run should be used as a “recovery run.” Go as slow as needed to recover! Do this outside if possible, if you can go to the park.

25 One-legged burpees (Left leg)

50 Push-ups

50 Box Jumps (50 step-ups/ side on a bench, or 100 jumping jacks)

¼ mile run

50 3” Lunges (25 each side)

50 Floor wipers (Flutter kicks if no weights)

¼ mile run

25 Dive bombers

25 Rows Left Side (if no weight, do 25 sit-ups)

25 Rows Right Side (if no weight, do 25 sit-ups)

¼ mile run

50 Snow angels/Plank jacks

50 Bicycle Crunches

¼ mile run

50 Windmills (25 per side- zero or light weight!)

25 V-Ups OR Bench Crunches

25 One-legged burpees (Right leg)

¼ mile run – A very easy recovery jog/walk

### **Cool Down & Stretch (5-10 minutes)**

## **BONUS WORKOUTS: 5 TEN-MINUTE TIMED WORKOUTS**

Use these when you are short on time!

\*\*\*Always Warm Up the Joints before you workout for about 5 minutes.  
Remember to Cool-Down & Stretch afterwards!

### **BONUS Workout 1:**

Complete each exercise until 10 minutes are done

- 10 Jump Squats
- 10 Push Ups
- 10 Bent Over Rows

### **BONUS Workout 2:**

Complete each exercise until 10 minutes are done

- 25 Jumping Jacks
- 25 Bicycles – Abs
- 25 Box Jumps (use a step or mat)
- 25 Push Ups

### **BONUS Workout 3:**

Complete each exercise for 1 minute, repeat through 2 times

- Plank
- Bodyweight Squats
- Suicide Push Ups
- Jogging High Knees with Hands Overhead
- Mountain Climbers

### **BONUS Workout 4:**

Complete each exercise for 30 seconds, repeat through 4 times'

- Inchworms
- Reverse Lunges with Hands Overhead
- Burpees
- Tricep Dips off a Bench or Chair
- Walking Kicks with Clap

### **BONUS Workout 5:**

Interval Cardio Workout- Wind Sprints (Repeat for 10 minutes)

- 20 seconds hard run
- 10 seconds walk (recovery)

## Technique Manual: (in alphabetical order)

1. 3" Lunges
2. Abduction
3. Bench crunch
4. Bicep curl
5. Bicycle crunches
6. Box jump
7. Burpee
8. Cross-body mountain climbers
9. Deck squat
10. Dips
11. Dive Bombers
12. Donkey kicks
13. Downward dog
14. Fire hydrants
15. Floppy burpees
16. Flutter kicks
17. Flys (Chest)
18. Jumping Jacks
19. Lateral/side lunge
20. Lunge (back)
21. One legged burpee
22. One legged reaches/touches
23. Opposite Arm/Leg
24. Pike push-up
25. Plank
26. Press (Arnold)
27. Prisoner squat
28. Pull-overs
29. Push-up
30. Quadrupe
31. Reverse crunches
32. Reverse flys
33. Row
34. Scissor kicks
35. Sea turtles
36. Side plank
37. Skull crushers
38. Snow angels
39. Squat
40. Squat jump
41. Step-ups
42. Suicide push-up
43. Suicide tap down
44. Sumo deadlift
45. Sumo squat
46. Superman
47. Tuck Jump
48. V-jump
49. V-ups
50. Windmill

### **3" Lunges:**

Stand with both feet together and take a large step forward with one leg (Your feet will remain planted here for the remainder of this exercise.) Lower the body by flexing the knee and dropping the hips until the back knee is almost touching the floor. The starting position is with your front knee directly above, or slightly behind the front heel. Keeping your front upper leg parallel to the ground, shift your body forward about three inches (keeping your upper leg parallel) until your knee is lined up directly over your front toe. Shift back into the starting position and repeat for the desired number of reps on each side.



### **Abduction:**

Lie on your left side with your legs extended. Place your left hand under your head for support (or you can rest your head on your left bicep.) Keep your right toe pointed toward the ground, and raise your right leg upwards as high as possible (keep the leg straight). Lower the leg back to the starting position and repeat on each side for the desired number of reps.



### **Bench Crunch:**

Sitting in a “V” with your knees bent to 90° and your hands placed behind your body to help support your weight, simultaneously extend your knees and lower your legs to the ground (keeping your heels off the ground,) while lowering your torso to the ground (keeping your shoulders off the ground.) Keeping your core tight, simultaneously “crunch” back up to bring your knees in to your torso (back to the starting position.) Make sure to keep your chest out, core tight, and back flat throughout the movement. Repeat.



### **Bicep Curl:**

Stand gripping two weights/exercise bands down by your side. Keeping your core tight, *palms out* and elbows in, flex your elbows by contracting your biceps to bring the weight up towards your shoulder (*in front of your body.*) Lower the weight slowly to the starting position and repeat for the desired number of reps.





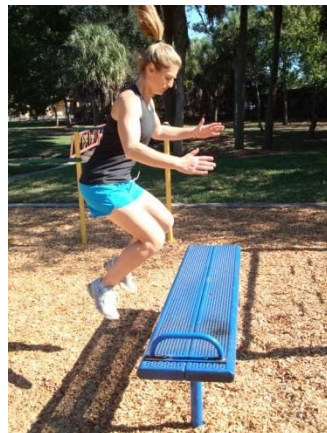
### **Bicycle Crunches:**

Lie on your back with your elbows bent and your hands on either side of your head. Simultaneously bring your right knee in towards your chest while crunching up and rotating your torso to the right attempting to touch your left elbow to the right knee. Keeping your core tight, extend your right leg while bringing in your left knee and crunching and rotating to touch it to your right elbow. Keep both feet off the ground for the duration of the exercise. Continue alternating sides for the desired number of reps or time.



### **Box Jump (or Bench Jump):**

Use a secure box, bench, or curb to perform the jumps. Stand in front of the secure box with your hands at your sides and knees slightly bent. With your feet roughly shoulder width apart, jump up onto the box (soft landing), hold your position on top of the box for a count of one second and then jump or step back down. Once comfortable with the exercise, have them jump onto the box and back down at a faster pace (safety first).



## **Burpee:**

From a standing position, squat down and bend over to place your hands in front of you on the floor (shoulder width apart.) Stabilize your body with your arms and kick your feet back behind you landing in a straight arm plank position. Then, tuck jump your feet back to their original placement and perform a squat jump to return to the starting position. \*Beginners can “step-back” instead of jumping back for a lower intensity.



## **Cross-Body Mountain Climbers:**

In a straight arm plank position, place your hands on the floor slightly wider than shoulder width apart. While stabilizing your body with your arms, push your hips up while bringing one knee *across your body to the opposite chest* at a time. Alternate bringing each knee across as fast as possible while keeping the chest out and back flat. Repeat for the desired number of reps.





## Deck Squat:

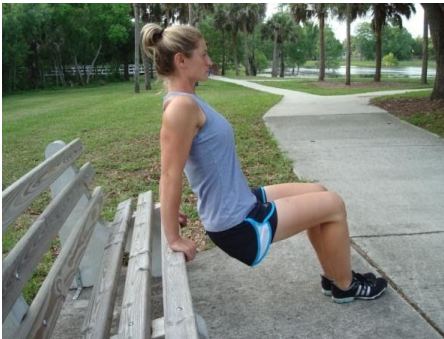
From a standing position, bring your hips back and squat down towards the floor keeping a flat back. Lean back slightly until your butt reaches the floor. Extend your body (make sure to keep your back flat) until you're on your back with your legs extended out and your arms extended behind your head. In one quick motion, crunch up and while simultaneously bringing your heels in towards your pelvis (**keep a flat back**). Propel your body to stand back up in the starting position. The core needs to be tight through this entire motion. It can be a bit easier to stand up if you hold a light weight in your hands.





### **Dips (on a bench or chair):**

Sit on a bench with your feet on the ground with your legs either straight out (more challenging) or knees bent to 90° (less challenging). Place your hands on either side of your hips (right next to the side of your body.) Keeping your elbows pointed behind you, move your hips slightly off the bench and allow your body to lower directly to the ground by flexing your elbows to 90°. Keep your chest out and back flat (not allowing your shoulders to collapse in.) Press firmly through your palms to extend your arms back up to the starting position with your hips off the bench. Repeat for desired rep count or time interval. \*\*Tip: You can increase/decrease the intensity by placing more/less body weight in the feet. **Variation:** Lift up one leg as you perform the movement.



### **Dive Bombers:**

From Begin this exercise in the Downward Dog position. Bending at the elbows, “scoop” your chest and head towards the ground, between your planted hands (making sure not to touch the ground), and finish in “cobra” position. Reverse the motion to return to the starting position. Nose and chest will be close to the ground coming back through as well. Repeat for desired reps.



### **Donkey Kicks:**

Position yourself on the ground on your hands and knees (hands shoulder width on the ground in front of you and knees and hips should be at 90°.) Keeping a flat back and neutral spine, contract your glutes and kick back one leg straight behind you (keeping your knee flexed.) Lower your leg to the starting position and repeat on each side for desired number of reps/time.





### **Down Dog / Downward Dog position:**



Position yourself on the ground on all fours, with your hands shoulder width apart on the ground in front of you and knees hip distance apart, below the hips. Spread palms wide, stacking shoulders over wrists. Curl the toes under, spread palms flat, no air under palms. Raise the body up and back, push down into the palms, raise the knees off the mat while shifting the stomach toward the thighs. Lift the hips up high, as the legs straighten. Keep toes pointing forward. Begin by maintaining a slight bend in the knees and over time as the body becomes more flexible slowly straightening the legs, reaching heels toward the mat. Do not lock the legs; keep a micro bend to prevent injury. Continue to breathe, and reach the heels toward the mat, and raise the hips high.

### **Fire Hydrants:**

Position yourself on the ground on your hands and knees (hands shoulder width on the ground in front of you and knees and hips should be at 90°.) Keeping a flat back and neutral spine, raise one leg out laterally as far as possible at the hip joint by using your abductors. Lower your leg to the starting position and repeat on each side for desired number of reps/time.



## **Floppy Burpee** (more advanced)

From a standing position, squat down and bend over to place your hands in front of you on the floor (shoulder width apart.) Stabilize your body with your arms and kick your feet back behind you and *drop your ENTIRE body to the floor* in a controlled motion. Then, extend your elbows and tuck jump your feet back to their original placement and perform a squat jump to return to the starting position.



## **Flutter Kicks:**

Lie on your back (legs extended out) with your hands underneath the top of your glutes to support your lower back. Tuck your tailbone, tighten your core, and raise both legs off the ground a couple of inches. Keeping your legs straight, “scissor” your legs *up and down* for the desired number of reps or time. Lower your legs to the ground when finished.





### **Flys (Chest):**

Lie on your back (supine) with your arms extended out to each side holding dumbbells so your body looks like a “T”. With your palms facing up, bend your elbows slightly and internally rotate your shoulders so your elbows are back. Keep your elbows in a fixed (slightly bent) position as you bring your palms together over your chest. Lower weight in the same fashion to the starting position and repeat for desired number of reps.



### **Grouchos:** (a favorite from P90X!)

From the bottom of the Sumo Squat position (see Sumo Squat description for more details,) take small steps (one leg at a time) forward while keeping your body lowered in the squat position. You can perform this by stepping forward or stepping backward.

**\*\*Tip:** Try *not* to stand up when switching from forward to backward Grouchos!



### **Hammer Curl:**

Stand gripping two weights/exercise bands down by your side. Keeping your core tight, *palms facing each other* and elbows in, flex your elbows by contracting your biceps to bring the weight up towards your shoulder (*in front of your body*.) Lower the weight slowly to the starting position and repeat for the desired number of reps.



### **High Knees:**

Begin jogging and on each step, bring your knee towards your chest as high as possible. Keep your arms moving as if you're jogging. Perform this exercise for the desired amount of time or distance.





## **Hip Bridges:**

Lie on your back with your hips flexed, feet on the ground and knees bent to 90°. Place your hands on either side of your hips. Feet should be just shy of shoulder width apart. Contract your glutes and drive your hips upward to the sky while simultaneously trying to squeeze your knees together. Keep your upper back on the ground. Lower your hips back to the starting position. You can perform this exercise for repetitions or hold for time at the top of the hip bridge.



## **Inchworm:**

From standing, bend at the hips & place your hands directly in front of you on the floor. Walk your hands out in front (keeping your feet planted) until you are in a straight arm plank position. Once stable, you can walk your hands back to your feet and stand up OR walk your feet to your hands and stand. \*\*Tip: Increase the intensity by adding a pushup!



### **Jack-Knife:**

Lie on your back with one leg extended out and one knee in towards your chest. Raise your extended leg about 2 inches off the floor and hold in this position. Crunch repeatedly with your hands crossed over your chest keeping both legs off the ground. Switch legs and repeat on the other side. When it is time to switch legs, make sure not to drop your legs to the floor.



### **Jumping Jacks:**

From a standing position with your arms down by your side, jump up while bring your arms up laterally over your head and your legs out to the side. Land with your arms up over your head and your feet out to the side. Jump again and return to the starting position.





### **Knees-to-Elbows:**

Holding the top of a “push-up” position (straight arm plank), keep your back flat, core tight, and tailbone tucked. Feet should be shoulder width apart. Bring your right knee under your body and try to touch it to your left elbow. Do not let your foot drag on the ground. Bring your foot back to the starting position and repeat for the desired number of reps, making sure to work each side of the body equally.



### **Lateral/ Side Lunge:**

Stand with both feet very far apart with your toes pointed out to 45°. Lunge toward one side by flexing the hips and ONE knee while keeping the other knee straight. You may allow the toe of the straight leg to point upward. Repeat for the desired number of reps on each side. (Do not allow the knee to cross over the front of the toe.)



### **Lunge: (Backward)**

Stand with both feet together and take a step backward with one leg. Lower the body by flexing the knee and dropping the hips until the back knee is almost touching the floor. Return to the starting position by extending the hip and knee of the front leg. Repeat for the desired number of reps on each side. (Do not allow knee to cross over front of toe)



### **Mountain Climbers:**

In a straight arm plank position, place your hands on the floor slightly wider than shoulder width apart. While stabilizing your body with your arms, push your hips up while bringing one knee *straight into your chest* at a time. Alternate bringing each knee in as fast as possible, while keeping the chest out and back flat. Repeat for the desired number of reps.





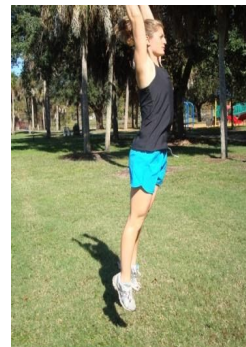
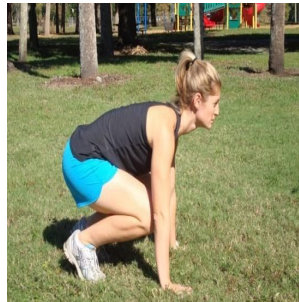
### **Oblique Crunch:**

Lie on your back in a supine position with your knees bent. Lower your legs to the left side at a 90° angle in the hip. Flex your waist to raise your upper torso a few inches off the ground while focusing your attention on the right oblique. Control the movement back down to the ground and repeat for the desired number of reps. Repeat on the right.



### **One Legged Burpee (more advanced):**

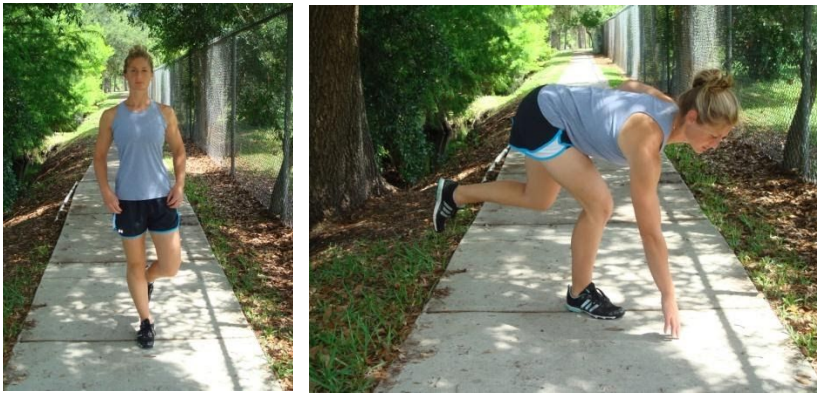
From a standing position, squat down and bend over to place your hands in front of you on the floor (shoulder width apart.) Stabilize your body with your arms, lift one leg off the ground and kick your other foot back behind you and kick your foot back behind you landing in a straight arm plank position. Then, tuck jump your foot back to its original placement and perform a one legged squat jump (your foot leaves the ground slightly) to return to the starting position. \*Beginners can do regular burpees with both legs on the ground or “step-back” instead of jumping back for a lower intensity.



### **One Leg Reaches/ One-Leg Touches:**

Stand with your legs shoulder width apart with your hands down by your sides. Raise your left heel back towards your glutes and do not let touch the ground until the rep is complete. Pretend you have something on the floor in front of you that you need to pick up. Flex your right knee and hips to bend over to “touch” the ground, balancing on your right leg. Extend your right knee and hips to return to the starting position.

**\*\* Tip:** Ensure that the knee does not cross over the toe line on the way down. You do not have to go all the way down to the ground for this exercise to be effective.



### **Opposite Arm - Opposite Leg:**

Lie on your back keeping your arms and legs extended out so your body is in a straight line. Raise your left leg (keeping your right leg on the floor) while crunching up from your waist and reach out to touch your left leg with your right hand (keep both legs straight.) Keep your left hand behind your head to support your neck. Lower your body in a controlled movement to the starting position and repeat. You can alternate or perform specific rep counts on each side before switching.





### **Pike Push-Up:**

Start in a Downward Dog position. Your body will be in a pike position with the hips about 90 degrees. Your hands should be on the ground slightly wider than shoulder width apart and heels may be slightly lifted to accommodate level of flexibility. Have your fingers spread out for stability. Lower your body down like a shoulder press touching your forehead to the ground (or as close as possible) between your hands and then press (push through the palms) back to the starting position. Repeat for desired reps/time.



### **Plank:**

Lie on your stomach in a prone position with your legs extended out. Place your *forearms* (should be parallel) on the ground and move into a position similar to the top of a “push-up” except you are on your forearms instead of hands. Keep your feet together push out strong through your heels and strong into the ground through your shoulders. Keep your core tight, back flat, and your tailbone tucked. Hold this position for the desired amount of time.



### **Press (Arnold):**

With a dumbbell in each hand, bring your arms to the top of a bicep curl with your palms facing in and your elbows directly under your wrists. Externally rotate your shoulders and press the weights up over-head until your arms are straight. Lower the weight in a controlled manner in reverse and repeat for the desired number of reps.



### **Prisoner Squat:**

Stand with your feet shoulder width apart and point your toes slightly out. Interlace your fingers and place your hands on the back of your head. Keep your arms elevated in this position throughout the entire movement. Push your hips backward and squat down bringing your upper legs to parallel to the ground. Make sure to keep your back flat, chest out, and your spine neutral. Push through your heels back to the starting position. \*\*Tip: Make sure not to let your knees cross over top your toes at the bottom of the squat.





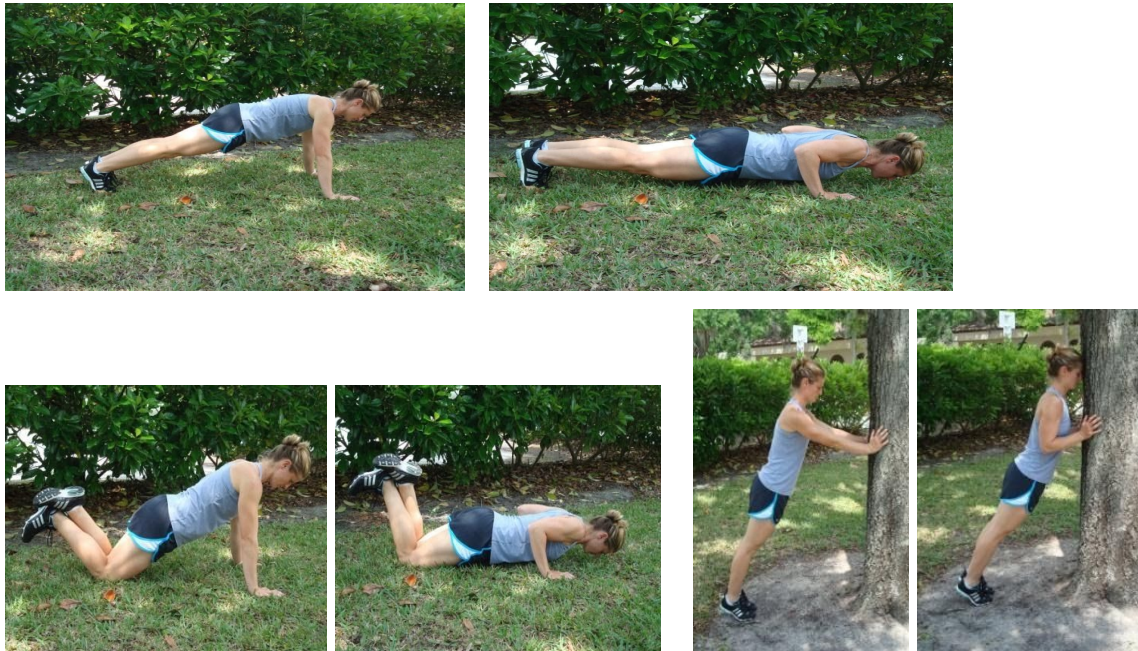
## **Pull-Overs:**

Grasp Position a kettlebell or dumbbell on the ground and lie on your back (supine position) on the ground or on a bench with the weight behind you. Slightly bend your knees to protect the lower back. Place the weight at arms length (slight bend in the elbows) Grasp the weight with both hands and use your posterior (back) muscles to lift the weight over your chest (keeping your elbows slightly bent). Lower the weight slowly back to the starting position behind your head until upper arms are parallel to the ground. Repeat for desired reps.



## **Push-Ups:**

From the top of a plank position and your hands slightly wider than shoulder width apart, lower your body to the ground until your chest hits the floor. Extend your arms to return to the starting position. Keep upper and lower body straight throughout the movement. Repeat for desired reps. (Modify with knee push-ups or pushing against a railing/ wall)





### **Quadruped:**

Hands and knees on the ground (both shoulder width apart) keeping your core tight and spine neutral throughout the position. Simultaneously raise your right arm and left leg so they are parallel to the ground. Lower both arm and leg in a controlled motion and repeat. Perform this exercise equally on both sides.

Tip\*\* Push out strong through your shoulders to help stabilize the back.



### **Reverse Crunches:**

Lie on your back with your hands underneath the top of your glutes to support your lower back. Keep your neck relaxed and on the ground throughout the movement. Keep your legs slightly bent and flex the waist and hips to raise your legs up to the sky using your core to perform the movement. Control the movement back to the starting position and repeat.



### **Reverse Flys:**

Grasp 2 dumbbells/exercise band and stand with your feet shoulder width apart with your knees slightly bent. Push your hips back and lower your torso to just above parallel to the ground. Allow your arms to lower perpendicular to the ground. Raise your arms out laterally from your body until they are near parallel to the ground, keeping your elbows slightly bent. Keep your chest out and back flat during the movement. Lower the weight back to the starting position and repeat.



### **Row (aka Kettlebell/Dumbbell Row):**

Place your right hand directly under the shoulder and your right knee directly under your hip on a bench or elevated surface. Be sure to keep a neutral (or slightly arched) back and neutral neck. Allow a slight bend in the supporting elbow. Extend left arm straight down hanging toward the ground with the weight in hand. Do not let the left shoulder relax- keep the shoulder blade retracted. Left leg slightly bent, the foot is planted on the ground. Lift the weight straight up. Lead with the elbow. Keep the arm close to the body. Slowly lower arm back down to the starting position and repeat for desired reps. Do other side.





### **Scissor Kicks:**

Lie on your back (legs extended out) with your hands underneath the top of your glutes to support your lower back. **Tuck your tailbone, tighten your core,** and raise both legs off the ground a couple of inches. Separate your legs (still keeping them straight) and “scissor” them from *side to side* for the desired number of reps or time. Lower your legs to the ground when finished.



### **Sea Turtles:**

Lie on your stomach in a prone position with your arms and legs extended out. Place a folded towel or mat underneath the pelvis to remove any pressure on the lower back during this exercise. Simultaneously, raise your legs and arms off the floor and squeeze your glutes. Keeping your arms and legs off the ground, move them both out laterally to about 45° and then return them to the starting position (don't allow arms or legs to hit the ground until the set is over.) Repeat for the desired number of reps.



### **Sit-Ups:**

Lie on your back (supine) with your knees and hips bent. Arms should be crossed over your chest. Flex your waist and hips to bring your chest up towards your knees. Control the movement back down to the ground and repeat for the desired number of reps.

**\*\*Tip:** This makes a great partner exercise - if you have another camper kneel on their laces.



### **Side Plank (with and without a Dip):**

Lie on your left side with your legs together. Place your left forearm on the ground with your left elbow directly underneath your left shoulder. Press through your shoulder to elevate your entire body to a side plank keeping your feet stacked. Hold. For the dip: Simply lower your hips to the ground and raise them back up to the top of the side plank. Repeat this motion for the desired number of reps. Keep your core tight, back flat, and your tailbone tucked. Repeat on the right side for the desired amount of time.





### **Skull Crushers:**

Place a kettlebell/dumbbell behind your head and lie on your back with your knees bent to 45° (keep your tailbone tucked under to create a flat back.) Grasp the kettlebell or dumbbells with a narrow grip, and keeping your elbows parallel, extend your elbows (keeping your upper arms perpendicular to the ground.) Keep your upper arms in a fixed position and lower the weight near the top of your forehead. When finished, lower the weight safely to the ground. Repeat for the desired number of reps/ time interval.



### **Snow Angels/ Plank Jacks:**

From either a straight arm plank position or a forearm plank, place your elbows or hands shoulder width apart and your feet together. Jump your feet out laterally, keeping your core tight. Jump your feet back in together back to the starting position and repeat.

**\*\*Tip:** Keep your spine neutral and back flat throughout the movement.



### **Spiderman Plank:**

Holding the top of a “push-up” position (straight arm plank), keep your back flat, core tight, and tailbone tucked. Feet should be shoulder width apart. Step your right leg out, touching your foot to the ground next to your right hand, and then returning it to the starting position. Repeat on the left side. Perform for the desired number of reps or time interval.



### **Squat:**

Stand with your feet shoulder width apart and point your toes slightly out. Push your hips backward and squat down bringing your upper legs to parallel to the ground. Make sure to keep your back flat, chest out, and your spine neutral. Push through your heels back to the starting position. \*\*Trainer Tip: Make sure not to let your knees cross your toes at the bottom of the squat. Add weight to increase intensity.





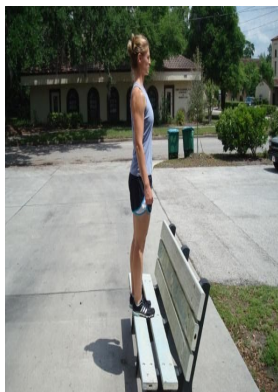
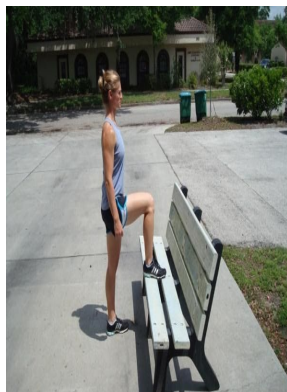
### **Squat Jump:**

Stand with your feet shoulder width apart and point your toes slightly out. Push your hips backward and squat down bringing your upper legs to parallel to the ground. Make sure to keep your back flat, chest out, and your spine neutral. From the bottom of this squat position, push through your feet and jump upward by extending your knees and hips so your feet lift a few inches off the ground. Softly land with knees bent and go directly into your next repetition.



### **Step-Ups:** (on a bench or chair)

Stand with your body facing the bench. Place your left foot on the bench. Keeping your chest out, push up through the left heel by extending your left hip and knee until your right foot is on the bench. Step down with the right leg by flexing the left hip and knee to return to the starting position. Repeat on each side for the desired number of reps/time. Variation: Can add a knee raise at the top of the position.





### **Suicide Push-Ups:**

From the top of a plank position (elbows extended), place your hands slightly wider than shoulder width apart. Keep your body straight and drop your left forearm on the ground (like you are going into a plank position) and follow by dropping your right forearm on the ground until you are in a strong plank position. Extend your elbows one at a time to return to the starting position. Make sure to give each side equal work. Repeat for the desired number of reps. (Can be modified by performing this on your knees.)



### **Suicide Tap Down:**

Stand with your feet shoulder width apart and tighten your core. Rotate your torso to the right while flexing the hips and tap your left hand on the instep of your right foot. Both feet are turned at a 45 degree angle (don't let the right knee extend past your toes). Be sure to keep your back flat, chest out, and your spine in neutral position. From the tap down push through your feet and jump upward extending your knees and hips so your feet lift a few inches off the ground while extending arms straight up and over the top of your head. Repeat this rotation tap down on your left side and then repeat from side to side for desired amount of time.



### **Sumo Deadlift High-Pull:**

**\*\*This is an advanced exercise and is designed to be explosive in nature. If you have shoulder issues, this exercise is not for you\*\*** Place a kettlebell or dumbbell between your feet. Stand with a wide stance (wider than shoulder width apart) and toes slightly pointing out. Flex your hips and bring your hips down to a deadlift position, keeping a neutral spine (keep your arms straight and pick up the kettlebell or dumbbell.) Explode through your heels as the power of your lower body pushes the weight up vertically, controlling the weight through an upright row, ending with the weight just below the chin. (**Core is very tight** to protect the lower back in this position.) Immediately lower the weight again back towards the ground. Keep the weight in your hands the entire time until desired reps are completed. Repeat for the desired amount of reps.



### **Sumo Squat:**

Take a wide stance (wider than shoulder width) and point your toes out to 30°- 45°. Push your hips backward and squat down bringing your upper legs parallel to the ground. Keep your knees tracking with your toes and **DO NOT** let them buckle inward. Make sure to keep your back flat, chest out, and your spine neutral. Push through your heels back to the starting position. **\*\*Tip:** Make sure not to let your knees cross over top your toes at the bottom of the squat. Add weight to increase the intensity.



### **Superman:**

Lie on your stomach in a prone position with your arms and legs extended out. Place a folded towel or mat underneath the pelvis to remove any pressure on the lower back during this exercise. Simultaneously, raise your legs and arms off the floor and squeeze your glutes. Lower arms and legs back to the ground. Variations: Opposite arm with opposite leg, arms only, legs only.

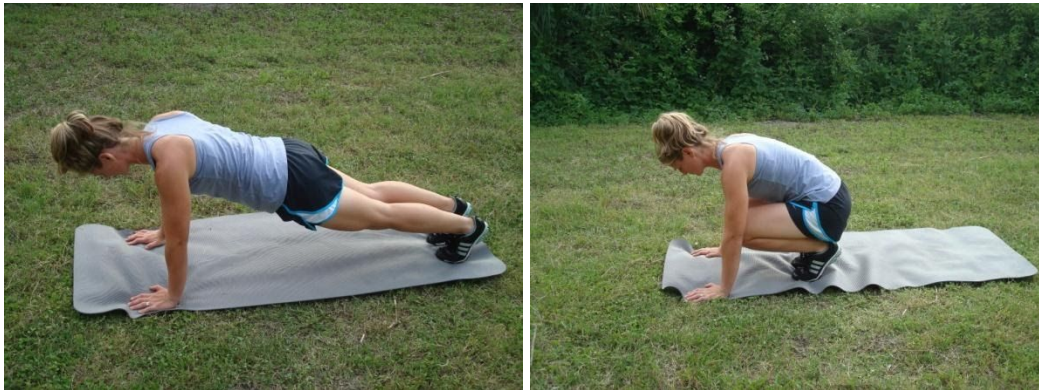


### **Tuck Jump (On Ground):**

From a straight-arm plank position, place your hands shoulder width apart and your feet together. Jump both your feet in, bringing your knees to your chest and keep your core tight. Jump your feet back out together back to the starting position and repeat.



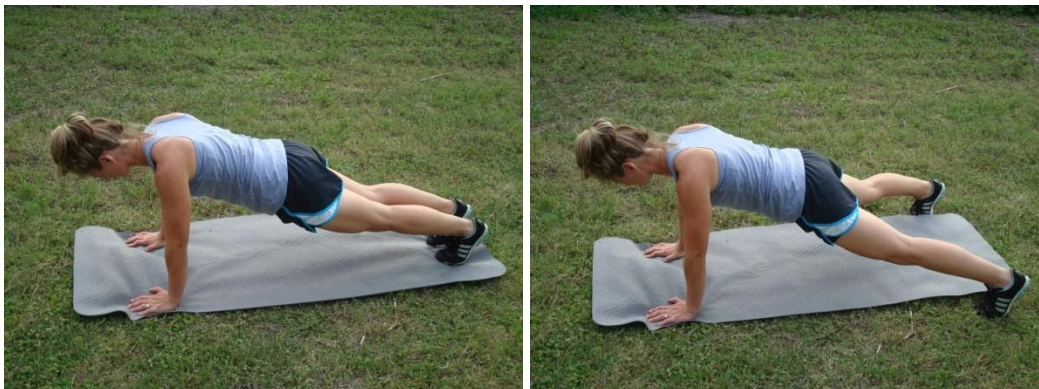
**\*\*Tip:** Keep your spine neutral and back flat throughout the movement.



### **V-Jump:**

From a straight arm plank position, place your hands shoulder width apart and your feet together. Jump your feet out laterally, keeping your core tight. Jump your feet back in together back to the starting position and repeat.

**\*\* Tip:** Keep your spine neutral and back flat throughout the movement.



### **V-Ups:**

Lie on your back keeping your arms and legs extended out so your body is in a straight line. Raise your legs and torso (keeping your legs straight) simultaneously and reach

your arms toward your feet. Lower your body in a controlled movement to the starting position and repeat.



### **Windmill:**

Stand with your feet shoulder width apart with your right hand up above your head and your left down (palm out) by your side. Turn both feet to the left side, keeping your foot width the same. Looking up at the top hand, push back your hips and bend at the hips (keeping your back flat) and trace your hand down your left leg touching your instep with your left hand. Keep the legs as straight as possible. Extend the hips and return to the starting position. Repeat, making sure to work both sides equally.



