



Cardio/Back/Core 1

Equipment: Bodyweight,
Dumbbells, Suspension,
Tubing/Bands, Swiss Ball

Run

Cardio



- Run in an upright position, swinging your arms by your sides.
- Concentrate on both your stride length and your stride frequency.
- Your hand should swing up to about shoulder height in front and back down to your hip.

#	TIME	LEVEL	INCL.	SPEED	DIST.	CAL.	min/MAX
1	00:40:00						

Jumping Jacks

Cardio



- 1 - Stand upright with your feet together and your arms by your sides.
 - 2 - Jump up, splitting your feet out to the sides.
 - 3 - Simultaneously swing your arms up to the sides in an arc over your head.
- Reverse the direction of the movement.

#	TIME	LEVEL	INCL.	SPEED	DIST.	CAL.	min/MAX
1	00:00:40						

Squat Thrusts

Cardio



- 1 - Start in the top position of a push up with your legs and arms straight and your hands on the floor.
- 2 - Jump your feet in, bringing your knees to your chest while keeping your hands on the floor.
- 3 - Jump your feet back out to a straight position.

#	TIME	LEVEL	INCL.	SPEED	DIST.	CAL.	min/MAX
1	00:00:40						

Burpee Push Up

Cardio



- Stand upright
- 1 - Squat down placing your hands on the floor and jump your feet back to the top of a push up position.
 - 2 - Perform a push up, lowering your chest down to the floor and pushing back up to a straight position.
 - 3 - Jump your feet in, bringing your knees to your chest while keeping your hands on the floor.
 - 4 - Come to an upright position and jump into the air, raising your arms

#	REPS	WEIGHT	TIME	NOTES
1	10			

Frankenstein Walk

Cardio



- Stand upright with your arms by your sides.
- 1 - Take a step forward raising your leg straight up in front to hip height and your arms up in front to shoulder height.
 - 2 - Step forward, raising the other leg up.
- Continue walking forward.

#	TIME	LEVEL	INCL.	SPEED	DIST.	CAL.	min/MAX
1	00:00:40						



Cool Down

Cardio



- A cool down allows you some time to reduce your heart rate and core temperature and helps to start the process of recovery.
- Perform a 5 minute cool down at a slow pace, using controlled breathing.

#	TIME	LEVEL	INCL.	SPEED	DIST.	CAL.	min/MAX
1	00:00:40						

Crab Kick

Cardio



- Sit on the floor with your feet flat, knees bent and your hands slightly behind your back on the floor.
- 1 - Raise your hips off the floor, resting on your hands and feet and kick one foot straight up in front.
- 2 - Lower and kick the other foot up in front.
- Continue kicking your feet up in an alternating pattern.
- Alternate sides with each kick.

#	TIME	LEVEL	INCL.	SPEED	DIST.	CAL.	min/MAX
1	00:00:40						

Heisman

Cardio



- Stand upright with your arms by your sides.
- 1 - Step back with one leg and twist your torso to the opposite side.
- 2 - Push off the front foot, bringing the back leg forward, bending the knee and twisting your torso back to the other side.
- Complete all reps on one side before switching to the other side.

#	TIME	LEVEL	INCL.	SPEED	DIST.	CAL.	min/MAX
1	00:00:40						

Bench Hop Over

Cardio



- 1 - Stand to the side of a bench with your hand on the middle of the bench.
- 2 - Hop up and over to the other side, keeping your hands on the bench.
- 3 - Hop back over to the starting side and continue hopping over and back.

#	TIME	LEVEL	INCL.	SPEED	DIST.	CAL.	min/MAX
1	00:00:40						

Lateral Mountain Climber

Cardio



- 1 - Support your body on your toes and hands with your knees bent and drawn up into your chest.
- 2 - Step one foot out to the side with your leg straight, keeping your hands on the floor.
- 3 - Step back to the center and switch sides.
- Alternate sides rapidly.

#	TIME	LEVEL	INCL.	SPEED	DIST.	CAL.	min/MAX
1	00:00:40						

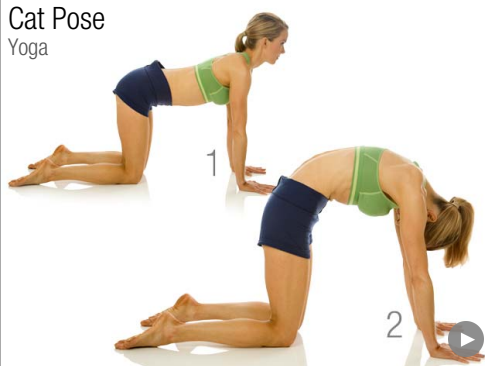
Child

Yoga



- Start on all fours and sit your hips down onto the backs of your legs.
- Lower your torso onto your upper thighs and your head to the floor.
- Bring your arms straight overhead with palms down.

#	TIME	LEVEL	INCL.	SPEED	DIST.	CAL.	min/MAX
1	00:00:30						
2	00:00:30						



- Cat Pose**
Yoga
- 1 - Start on all fours, looking straight forward
 - 2 - Arch your back, rounding your spine up as much as possible, looking down at the floor.
- Return to the start position.

#	TIME	LEVEL	INCL.	SPEED	DIST.	CAL.	min/MAX
1	00:00:30						
2	00:00:30						



- Baby Cobra**
Yoga
- From the Knees Chest Chin pose slide forward on to your belly.
 - Point your toes with the tops of your feet on the mat.
 - Pull your shoulders back, opening your chest and gaze down the tip of your nose.
 - Hold for 1 breath.

#	TIME	LEVEL	INCL.	SPEED	DIST.	CAL.	min/MAX
1	00:00:30						
2	00:00:30						



- Lunge**
Yoga
- Step your right leg straight backwards, pressing firmly through the heel and keeping your hips level.
 - Place your hands on the floor either side of your left foot to establish balance, keeping the knee of directly over the ankle.
 - Maintain a neutral spine, looking straight forward.
 - Hold for 3 breaths.

#	TIME	LEVEL	INCL.	SPEED	DIST.	CAL.	min/MAX
1	00:00:30						
2	00:00:30						



- Plank with Arm Raise**
Lower Back
- 1 - Support your body off the floor in the top of a push up with your hands on dumbbells and your arms straight.
 - 2 - Raise one arm straight up in front.
- Hold, then lower your arm back to the floor and repeat with the other arm.
 - Alternate sides with each rep.

#	REPS	WEIGHT	TIME	NOTES
1	12			
2	12			
3	12			



- Front Bridge**
Lower Back
- Lie face down on the floor with your legs straight and arms tucked in by your sides.
- 1 - Raise your body off the floor, resting on your toes and forearms.
- Try to maintain your body in a straight line and keep your back neutral/flat.
 - Hold briefly, then lower yourself back to the floor and repeat.

#	REPS	WEIGHT	TIME	NOTES
1			1.0	1 min-2min rest
2			1.0	
3			1.0	



- Reverse Extension**
Lower Back
- 1 - Lie face down on a bench, hanging your lower body off the bench with your toes touching the ground.
 - 2 - Raise your lower body up until your whole body is straight.
- Lower your legs to tap the floor and repeat.
 - Hold on to the top of the bench to assist you.

#	REPS	WEIGHT	TIME	NOTES
1	12			
2	12			
3	12			



Front Bridge Knee In

Lower Back



- Lie face down on the floor with your legs straight and arms tucked in by your sides.
- 1 - Raise your body off the floor, resting on your toes and forearms.
- 2 - Twist to one side raising your arm and foot, bending your knee and bring it towards your elbow in the middle.
- Lower back to the bridge position and repeat to the opposite side.
- Alternate sides with each rep.

#	REPS	WEIGHT	TIME	NOTES
1	10			
2	10			
3	10			

Extension

Lower Back



- 1 - Lay face down on the floor with your hands at the sides of your head.
 - 2 - Raise your head, shoulders and upper chest off the floor as high as possible, arching your back.
- Lower and repeat.

#	REPS	WEIGHT	TIME	NOTES
1	12			
2	12			
3	12			

Pull Up

Back



- 1 - Hang from a bar overhead using a wide overhand grip.
 - 2 - Pull your body up, bending at the elbows until your chin reaches over the bar.
- Lower back down to where your arms are fully extended.

#	REPS	WEIGHT	TIME	NOTES
1	8			as many as you can
2	8			
3	8			

Modified Self Row

Back



- 1 - Hold onto a suspended straight bar with a wide grip, your arms straight, knees bent and your feet on the floor.
 - 2 - Pull your chest up to the bar, bending at the elbows, keeping your back straight.
- Lower your body back to a straight arm position.

#	REPS	WEIGHT	TIME	NOTES
1	10			
2	10			
3	10			

Towel Self Row

Back



- 1 - Hold onto two towels wrapped over a suspended straight bar with a wide grip, your arms and body straight and your heels on the floor.
 - 2 - Pull your chest up toward the bar, bending at the elbows, keeping your body straight.
- Lower your body back to a straight arm position.

#	REPS	WEIGHT	TIME	NOTES
1	8			
2	8			
3	8			

Modified Close Row

Back



- 1 - Lean back with feet flat and knees bent, holding the handles with your arms straight and palms facing in.
 - 2 - Pull your chest up to your hands, bending at the elbows.
- Lower and repeat.

#	REPS	WEIGHT	TIME	NOTES
1	10			
2	10			
3	10			



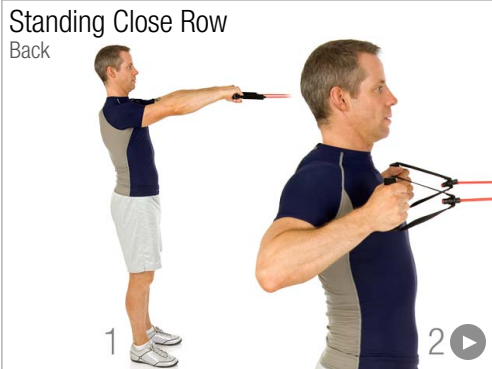
Pull Up
Back

1 - Hang from a bar overhead using a wide overhand grip with tubing wrapped under your knees with each end tied to a bar at your hands.

2 - Pull your body up, bending at the elbows until your chin reaches over the bar.

- Lower back down to where your arms are fully extended.

#	REPS	WEIGHT	TIME	NOTES
1	10			
2	10			
3	10			



Standing Close Row
Back

1 - Stand upright holding the handles with your arms straight out in front at shoulder height with your palms facing down.

2 - Pull the handles straight in to your chest, bending at the elbows, squeezing your shoulder blades together and twisting at the wrists so you finish with your palms facing in.

#	REPS	WEIGHT	TIME	NOTES
1	12			
2	12			
3	12			



Extension
Back

1 - Start in a squat position holding the handles between your feet with your arms straight.

2 - Stand upright, raising the handles overhead with your arms straight.

#	REPS	WEIGHT	TIME	NOTES
1	8			
2	8			
3	8			



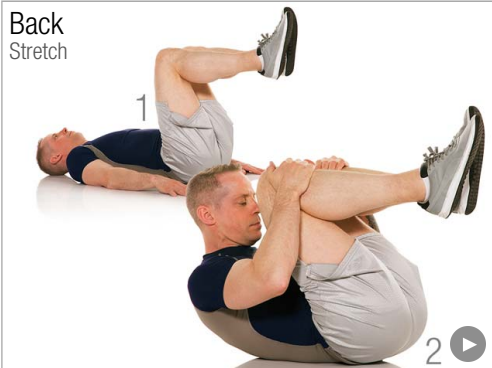
Seated Row
Back

1 - Sit upright with your legs straight out in front and the band wrapped around the soles of your feet, holding the ends in front with your elbows at 90 degrees.

2 - Pull the ends of the band in to your sides, bending fully at the elbows and squeezing your shoulder blades together.

- Remain upright throughout and do not sway back and forth.

#	REPS	WEIGHT	TIME	NOTES
1	12			
2	12			
3	12			



Back
Stretch

1 - Lie on your back with your feet up and your knees bent at 90 degrees holding behind your knees.

2 - Gently pull your knees to your chest, allowing your lower back to round slightly.

#	TIME	LEVEL	INCL.	SPEED	DIST.	CAL.	min/MAX
1	00:00:30						



Lats
Stretch

1 - Stand upright with your arms straight overhead, hands clasped.

2 - Lean to one side, gently pulling your arms laterally.

- Return upright and repeat on the opposite side.
- Perform on one side, then switch to the other side. Alternate sides with each rep.

#	REPS	WEIGHT	TIME	NOTES
1				
2				
3				
4				
5				
6				



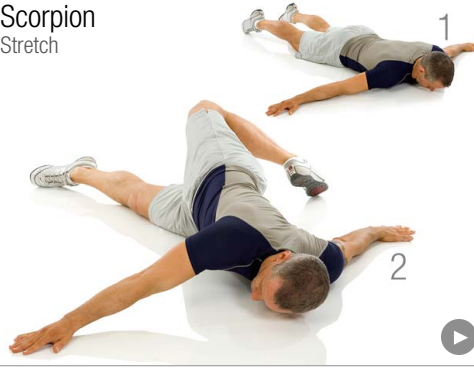
Lats Stretch



- Lie on a ball on your side with one knee on the floor and the other leg straight out to the side.
- 1 - Stretch your arms overhead and arch your body over the ball, stretching through the spine.

#	REPS	WEIGHT	TIME	NOTES
1				
2				
3				
4				
5				
6				

Scorpion Stretch



- 1 - Lie face down with your arms out to the sides.
 - 2 - Raise one foot, bending at the knee and roll over to one side, bringing your foot towards your opposite hand.
- Perform on one side, then switch to the other side. Alternate sides with each rep.

#	REPS	WEIGHT	TIME	NOTES
1				
2				
3				
4				
5				
6				