



Ulmi's lordache

Cardio/Back/Core 2 L6

Equipment: Bodyweight,
Suspension

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						

Jump Rope

Cardio



- Stand upright holding the handles with your arms by your sides and the rope behind you.
- 1 - Swing your arms straight back and up overhead, then down in front in a big circle.
- As the rope comes down in front, jump to allow it to clear your feet.

#	TIME	LEVEL	INCL.	SPEED	DIST.	CAL.	min/MAX
1	00:02:00						

Butt Kickers

Cardio



- Stand upright with your hands by your sides.
- 1 - Jog in place and rapidly kick your legs high back up behind as if you were trying to kick yourself in the buttocks.
- 2 - Rapidly alternate legs in a jogging motion.

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

Mountain Climber

Cardio



- 1 - Support your body on your toes and hands with one knee bent and drawn up into your chest and the other leg straight out behind.
- 2 - Alternate jumping your feet in and out, bringing your knees into your chest each time and keeping your hands on the floor.

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

Front Jumping Jacks

Cardio



- Stand upright with your feet together and your arms by your sides.
- 1 - Jump up, splitting your feet front to back and simultaneously swinging one arm up in front to shoulder height and the other arm back behind.
- 2 - Reverse the direction of the movement.

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



High Knees

Cardio



- Stand upright with your feet together and your arms by your sides.
- 1 - Run on the spot raising your knees as high as possible each step.
 - 2 - Rapidly switch feet and use your arms as if running.

#	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			

Seal Jacks

Cardio



- 1 - Stand upright with your feet together and your arms straight out in front at shoulder height.
 - 2 - Jump up, splitting your feet out to the sides and opening your arms out to the sides.
 - 3 - Land with your feet about shoulder width apart and your arms outstretched at shoulder height.
- Jump back in to the start position and rapidly repeat.

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

Low To High Kick

Cardio



- 1 - Stand upright with your feet slightly split front to back and your hands at chest height.
 - 2 - Push off the back foot and kick your leg out in front at a low height.
 - 3 - Step back then quickly push off and kick your leg straight up in front as high as possible.
- Continue, alternating from a low to a high kick each rep.
 - Complete all reps on one side before switching to the other side.

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

Lateral Jump

Cardio

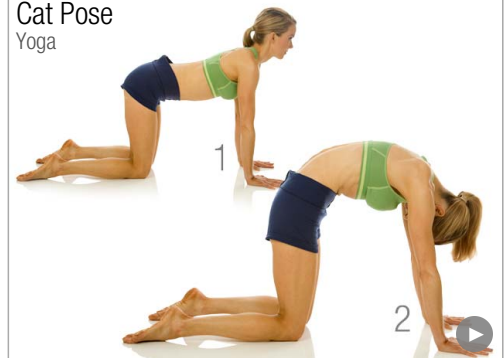


- 1 - Start in a semi-squat position with your hips and knees bent and your arms by your sides.
 - 2 - Push off the outside foot, jumping laterally to one side about 3 to 4 feet.
 - 3 - Land in a semi squat position to absorb the force, then immediately jump back to starting side and repeat.
- Alternate sides with each rep.

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

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						



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						

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						

Crunch

Abs



- 1 - Lie on your back with your knees bent and feet flat, place your hands to the sides of your head.
 - 2 - Lift your head and shoulders off the floor, keeping your feet flat.
- Do not pull your head up with your hands.
 - Lower your head and shoulders and repeat.

#	REPS	WEIGHT	TIME	NOTES
1	30			
2	30			
3	30			

Bicycle Crunch

Abs



- Lie on your back with your legs straight and your hands to the sides of your head.
- 1 - Raise your head and shoulders, bringing one knee towards your chest and the opposite elbow to this knee, twisting your torso.
 - 2 - Lower your upper body and leg to the floor and repeat to the opposite side, using your other leg.
- Alternate sides with each rep.

#	REPS	WEIGHT	TIME	NOTES
1	12			
2	12			
3	12			

Jack Knife

Abs



- 1 - Lie on your back with your knees bent, feet flat and hands to the sides of your head.
 - 2 - Lift your head and shoulders off the floor while also bringing your knees in to your chest.
- Try to get your elbows to meet your knees in the middle.
 - Lower your upper body and legs, then repeat.

#	REPS	WEIGHT	TIME	NOTES
1	10			
2	10			
3	10			

Russian Twist

Abs



- 1 - Start in a sit up position with your feet flat, knees bent and your arms extended out in front at chest height.
 - 2 - Twist your torso to one side.
- Twist your torso back to the other side, keeping your feet flat and arms straight throughout.
 - Alternate sides with each rep.

#	REPS	WEIGHT	TIME	NOTES
1	20			
2	20			
3	20			



Lying Leg Raise

Abs



- 1 - Lie on your back with your legs straight and your hands by your sides.
 - 2 - Raise your legs straight up, slightly lifting your lower back off the floor.
- Slowly lower your legs to tap your heels on the floor and repeat.
 - Keep your upper body stable and your legs straight throughout the movement.

#	REPS	WEIGHT	TIME	NOTES
1	10			
2	10			
3	10			

Hip Raise

Abs



- 1 - Lie on your back with your legs straight up in the air and your hands by your sides.
 - 2 - Push your feet up towards the ceiling, raising your hips off the floor.
- Use your abdominal muscles to pull you up and do not push with your hands.
 - Lower your hips back to the floor and repeat.

#	REPS	WEIGHT	TIME	NOTES
1	12			
2	12			
3	12			

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	10			
2	10			
3	10			

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	8			
2	8			
3	8			

Self Row

Back



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

#	REPS	WEIGHT	TIME	NOTES
1	12			
2	12			
3	12			

Pull Up

Back



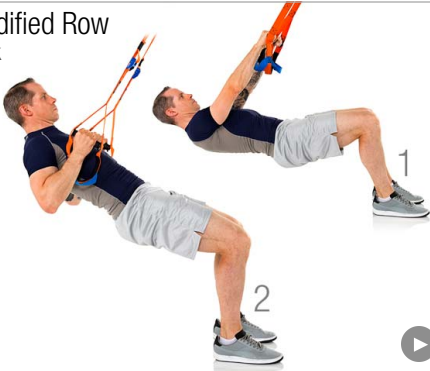
- 1 - Hang from a bar overhead using a wide overhand grip.
 - 2 - Pull your body up, bending at the elbows until your chin reaches over the bar.
- Lower back down to where your arms are fully extended.

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



Modified Row

Back



- 1 - Lie back holding the handles with your arms straight, your upper body off the floor with feet flat and knees bent.
- 2 - Pull your chest up to your hands, twisting at the wrists and keeping your feet flat and knees bent.

#	REPS	WEIGHT	TIME	NOTES
1	14			
2	14			
3	14			

Back Stretch



- 1 - Start on all fours on the floor with your back slightly rounded.
- 2 - Arch your back, pulling your abdominals up and in, raising your shoulders and lowering your head.

#	REPS	WEIGHT	TIME	NOTES
1				
2				
3				
4				
5				
6				

Back Stretch



- 1 - Stand upright with one foot on a bench in front, knee bent and your arms by your sides.
- 2 - Lean your torso slightly forward and rotate your spine to bring your opposite arm to the outside of the raised knee.
 - Hold, then return to the upright position and repeat.
 - 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				

Adductors Stretch



- Sit upright with your knees bent and feet flat.
- 1 - Draw your heels in together in front, holding your ankles.
 - 2 - Place your elbows on the inside of your knees and gently push your knees out and down.

#	REPS	WEIGHT	TIME	NOTES
1				
2				
3				
4				
5				
6				

Glutes Stretch



- Lie on your back with both legs straight.
- 1 - Raise one leg up, bending at the knee and place your opposite hand on it.
 - 2 - Gently pull your bent leg across the other leg and down towards the floor.
 - Keep both shoulders on the floor throughout.
 - 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				