



WORKOUT OF THE WEEK → March 19-25

Total time: 10 minutes

Equipment needed:

- Yoga or exercise mat
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WARM UP

- Walk outs (15 times)
- High knees (30 s)
- Butt kicks (30 s)

WORKOUT (repeat 2x)

- Bicycle crunches (1 min)
 - Push ups (15)
 - Single-leg glute bridges (30 s each leg)
 - Bird dogs w/ crunch (1 min)
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EXERCISE TIPS

- **Walk outs**– Reach your hands down to the floor and walk them out in front of you until you reach a plank position. Hold, then walk hands back up and roll up into standing position.
- **High knees**– Rapidly lift alternating legs as high as they will go; do so as if you were running in place, but instead you are bringing your knees forward and up (make sure to swing opposite arm).
- **Butt kicks**– Rapidly kick alternating feet to your butt or as far back as you can kick. You can also think of this as running in place but with extra knee flexion.
- **Bicycle crunches**– Lie flat on your back with your hands behind your head. Lift your legs slightly off the floor and use your core to crunch one elbow to the opposite knee. Return to the starting position, legs still off the floor, and crunch the other elbow to its opposite knee.
- **Push ups**– Start in a high plank position with your arms shoulder-width apart. Begin to lower yourself while keeping your back flat. While keeping your core engaged, push yourself back up into the starting position.
- **Single-leg glute bridges**– Lie flat on your back with one leg straight up in the air and the other bent with foot flat on the ground. Squeeze the glutes and hamstrings of the bent leg to lift your butt and lower back off the ground. Hold for a few seconds, and slowly lower back down. Repeat this on both sides.
- **Bird dogs w/ crunch**– Starting on your hands and knees, straighten one arm out in front of you and extend the opposite leg back behind you. Hold, then crunch your elbow to your knee from that position. Lower your hand and knee back to the ground and repeat this motion on the opposite side.



WEEK 12: WORKOUT HOW-TO'S

1. Walk outs



2. High knees



3. Butt kicks



4. Bicycle crunches



5. Push ups



6. Single-leg glute bridges



7. Bird dog w/ crunch

