

ENGAGING ADOLESCENT GIRLS THROUGH SPORTS TO SUPPORT THEIR RIGHT TO EDUCATION AND THEIR POSITION IN THE FAMILY AND SOCIETY



FITNESS TRAINING MODULE

2014



PARIVARTAN Fitness Module is developed by Meghan Pollak along with key study team from International Center for Research on Women (ICRW) and Apnalaya and the mentors of Parivartan Program.



International Center for Research on Women (ICRW), founded in 1976, is a private, non-profit organization headquartered in Washington, DC, with the Asia Regional Office in New Delhi, India. ICRW's mission is to advance gender equality and women's rights, fight poverty, and promote sustainable economic and social development for all. ICRW works with partners in low- and middle-income countries to promote innovative, evidence-based solutions so that institutions, policies and programs can enable women to control their own lives and participate fully in shaping the future of their societies. For more information about ICRW, please visit our Web site at www.icrw.org.

Apnalaya, a NGO founded in 1972 to help children living in slums towards a better life, strives to achieve this through urban community development projects in Mumbai. Its role is one of empowerment: of encouraging ordinary men and women to believe in themselves and in their abilities to change their lives for the better. Partnership and participation is thus the key to all of Apnalaya's activities. From identification of needs and problems, to planning and execution of projects, local people are involved at every stage.

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ABOUT MEGHAN POLLAK

Hi Team! My name is Meghan Pollak and I LOVE a great workout! It always makes me feel stronger, more confident, and gears me up to take on the day. I am a certified fitness instructor hailing from the United States and teach routines such as Bodypump, Spinning, TRX, and Body Attack. My personalized routines here in this workout combine strength, cardio, and abdominal moves to rev up your heart rate and get you results fast! I look forward to jumping, kicking, and punching it out with you. Now, let's get after it!



THE ROUTINES

There are three complete routines included here in this module. Each routine starts with a warm up, continues with three circuits that include strength, cardio, and abdominal moves, and ends with a cool down. The first routine is the most basic, while the second and third routines involve more complex moves.



WHY WARM UP?

Warm ups are important for waking up the body before the more intense ballistic circuits. This will help prevent injury later on because the body will be ready to work at the get go. It is important to include a combination of strength, cardiovascular and stretch drills for a well-rounded warm up. Strength moves prepare the muscles for heavy lifting, cardiovascular moves rev up body temperature and heart rate, and stretching keeps the muscles limber for challenging jump and kicking exercises later on.



WHY STRENGTH?

Strength moves give you the power to pick up heavy objects, power past your opponents on the field, or break down anything that gets in your way. The more intense the contractions in the muscles, the harder you can punch, the higher you can jump, the faster you can sprint, and the farther you can sling a ball. Additionally, a foundation of muscular strength helps prevent injuries.



WHY CARDIO?

Cardiovascular movements increase your heart rate and help you quickly burn calories and energy. This helps reduce risks such as heart attack, high cholesterol, high blood pressure, diabetes, and obesity among other chronic health problems. Additionally, cardio triggers endorphins that act as de-stressors that make you feel happier and more energized. For athletes, cardio is important to increase speed and agility.



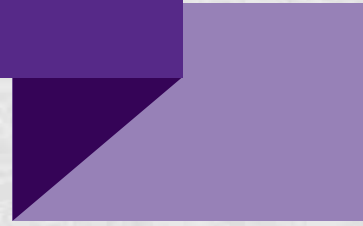
WHY ABS?

Abdominal strength is essential for good posture and balance. Abdominal muscles (muscles in the stomach region) keep the muscles in your pelvis, lower back, and hips in line. "Ab" exercises also help with balance and stability when playing sports and in every day life.





FITNESS ROUTINE **1**





WARM UP: JUMPING JACKS

Stand tall with feet about hip distance apart. Jump your feet out to the sides while raising your hands overhead. Jump feet back and the hands back into starting position by your sides. Continue for 20-30 seconds.





WARM UP: STANDING TOE TOUCHES

Stand with feet wider than hips and arms extended outward at shoulder height. Touch hand to opposite toe and then stand back up with arms extended. Repeat the movement on the opposite side. Continue for 20-30 seconds.





WARM UP: ARM HELICOPTERS

Stand with feet hip distance apart. Keeping arms straight, swing them forward in a circular motion. Try not to bend your elbows. Continue for 20-30 seconds.



WARM UP: NECK CIRCLES

- Stand tall and roll neck over to one shoulder and then roll to other shoulder. Continue for 20-30 seconds.
- **Attention:** Do not do a full rotation with neck. This will help avoid injury.







WARM UP: KNEE CIRCLES

Place hands on slightly bent knees.
Make slow rotations from the knees
for 20-30 seconds.



STRENGTH: PUSH UPS

- **Targets:** Shoulders, chest, abdominals.
- Get in a standard plank position, keeping hands wide and torso parallel with the floor. **DO NOT** raise the hips in the air! Drop the chest and torso down by bending the elbows. Push back up through arms to plank position. Push up through the hands until the arms are straight. Continue for 20-30 seconds.
- **Modification:** Do this move on your knees instead of toes for less resistance. Make sure to keep your torso parallel with the floor.







STRENGTH: SQUAT AND SHOULDER PRESS

- **Targets:** Legs, glutes (backside), shoulders.
- Stand with feet hip distance apart. Keep arms bent at a 90-degree angle at shoulder height. Squat down, sitting back into your heels. Push up through the legs while raising the weights over your head until your arms are straight. Continue for 20-30 seconds.
- **Attention:** To avoid falling forward make sure you sit back into heels keeping your back straight. You should be able to see your toes when squatting down.





CARDIO: JUMP ROPE

- Stand with feet hip distance apart and keep palms facing front as if holding the handlebars of a jump rope. Jump vigorously for 20-30 seconds.
- This move will put more power in the front of the arms (biceps) and help you jump higher.





CARDIO: PUNCHES

- Stand with feet hip distance apart and punch as hard and fast as you can in front of your chest. Alternate arms. Continue for 20-30 seconds.
- **Attention:** For more of leg burn, sink into your heels in a squat position, bending your knees.
- This move gives you power through the arms and revs up the heart rate without fully fatiguing the lower body.





ABS: CRUNCHES

- Lie on your back with knees bent and feet on the floor. Place your hands behind your head to protect the neck. Raise shoulders and head off the mat as high as you can. Do not let the chin drop to the chest. Continue for 20-30 seconds.
- This move strengthens the overall abdominal region.





ABS: PLANK

- Come onto your hands and toes, keeping your hands directly under your shoulders. Keep the torso parallel with the floor and do not let the hips arch. Hold for 20-30 seconds.
- This move strengthens the overall core.





STRENGTH: LUNGES WITH BICEP CURLS

- **Targets:** Legs, backside, and biceps (front upper arm).
- Keep feet about hip distance apart with one leg all the way back and straight and other leg slightly bent and out in front of you. Lower the body down, trying to keep a 90-degree angle in each bent leg. Keep abdominal muscles tight and torso straight up and down when lunging. When at the bottom of the lunge, curl the weights up to shoulder height with an underhand grip. Continue for 30 seconds on one leg and then 30 seconds on other leg.
- **Modification:** When lunging do not come all the way down to 90-degree angle. You also do not have to use weights.





STRENGTH: DEAD ROWS

- **Targets:** Lower back, hamstrings (back of the upper legs), and shoulders.
- Stand with feet hip distance apart with slightly bent knees. With palms facing each other, row the hands back, raising the elbows as high as you can. Lower the arms back down. Continue for 20-30 seconds.
- **Attention:** Make sure to keep your back straight and the backside sticking out throughout the movement!





CARDIO: BUTT KICKS

- Run in place and bring feet all the way up to your backside. Continue as fast as you can for 20-30 seconds.
- This move increases endurance and speed while stretching out the front of the legs.





CARDIO: SKATERS

- Jump from side-to-side landing on one foot while the back foot remains behind you and in the air. Swing arms from side-to-side with each jump. Continue for 20-30 seconds.
- This move increases endurance, balance, and speed.





ABS: LEG EXTENSIONS WITH KNEE CRUNCH

- Lie on your back with the palms of your hands on the ground. Extend one leg all the way out while bending the other leg and bringing the knee into the chest. Continue switching legs for 20-30 seconds.
- This move strengthens the abs as well as the legs.



ABS: PLANK WALK

- Get in plank position with feet wider than hip distance and hands directly under your shoulders. Remember to keep your torso parallel with the ground without arching your hips up! Take one step forward with right foot and left hand at the same time. Repeat movement on left foot and right hand. Walk forward for 4 paces and then back for paces. Continue for 20-30 seconds.
- This move increases endurance and torso strength.







STRENGTH: SIDE LUNGES WITH ANTERIOR RAISE

- **Targets:** Inner and outer thighs (top of the legs), and the front of the shoulders.
- Stand with your feet wider than hip distance. Lunge over to one side bending one knee at a 90-degree angle while straightening out the other leg. While lunging, raise the arms out in front of the chest to shoulder height. Lower the arms down, come back to set stance, and repeat the movement on the other side. Continue for 20-30 seconds.





STRENGTH: ONE LEG SQUAT

- **Targets:** Legs and glutes (backside).
- Lift one leg as high as possible while bending the knee of the standing leg. Squat down on standing leg as low as possible. Make sure to keep your standing knee behind the toes. Keep your arms out in front of you to counterbalance the weight. Return to standing. Continue for 20-30 seconds and then repeat the movement on the opposite leg.





STRENGTH: SIDE RAISE

- **Targets:** Shoulders
- Stand with one foot slightly forward and other slightly back. With bent elbows, raise the arms up to shoulder height and then lower back down. Think about closing a gate. For a more intense burn, straighten the arms when raising up to shoulder height.





CARDIO: HIGH KNEES

- Run in place lifting your knees as high as you can. Think about lifting through the abdominal muscles to bring the knees even higher. Continue for 20-30 seconds.
- This move increases endurance and abdominal strength.





CARDIO: FRONT KICKS

- Stand with feet hip distance apart and keep the hands in front of the face (as if blocking an opponent). Kick one foot forward while balancing on the standing leg. Think about kicking out through the heel. Switch legs and continue movement for 20-30 seconds.
- **Attention:** Beginners should start with a low kick. The more comfortable you get with the movement, the higher you can kick!



ABS: BICYCLE CRUNCHES

- Lie on your back with your feet in the air and legs making 90-degree angles. Extend one leg straight out while keeping other leg bent. Bring one elbow to the bent leg. Then, extend the bent leg out while bringing in the straightened leg. This time bring the opposite elbow to meet the bent knee. Continue this movement for 60 seconds.
- This targets the legs and lower abs.
- **Attention:** This movement does not need to be super fast! Think about pedaling on a bicycle on your back.







COOL DOWN: HAMSTRING STRETCH

- **Stretches:** The back of the legs.
- Sit on the ground with legs stretched to each side as far as you can manage. Reach for one toe and hold for 15 seconds. Then, reach the body forward and hold for 15 seconds. Lastly, reach for the opposite toe and hold for 15 seconds.
- **Attention:** If you can't touch the toe that is okay. Reach until you feel the stretch only. To improve flexibility further, try stretching deeper with every exhalation.



COOL DOWN: QUADRICEPS STRETCH

- **Stretches:** Quadriceps (front of upper leg).
- Stand on one leg and hold the opposite foot behind you. Keep your hips facing forward. Hold for 15 seconds and repeat movement on other leg.
- **Attention:** Hold onto a wall, or piece of furniture for extra balance if you need to.



COOL DOWN: ARM STRETCH

- **Stretches:** Arms and shoulders.
- Bring one arm across the chest and hug it closely to the body with the opposite arm. Hold for 15 seconds and repeat stretch on other arm.



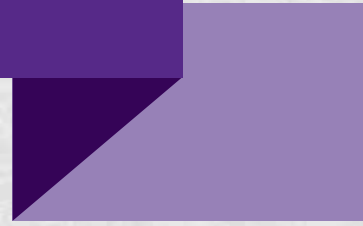
COOL DOWN: CHEST STRETCH

- **Stretches:** Chest and shoulders.
- Lace your fingers behind your back and lift straight arms as high as possible. Allow the chest to open up. Hold for 20-30 seconds breathing deeply throughout the stretch.





FITNESS ROUTINE **2**





WARM UP: SHUFFLE FEET

Jump one foot forward and the other back while swinging the arms. Continue switching feet for 20-30 seconds.





WARM UP: HIGH KICKS

- Bring straight arms out and up to shoulder height. Kick one foot up and touch the toe with the opposite hand. Switch sides and continue for 20-30 seconds.
- **Attention:** It is okay if you can't reach the toe. Just stretch as far as you can manage.





WARM UP: HUGS

Bring straight arms out the sides and up to shoulder height. Swing the arms in as if you are giving someone a hug out in front of you. Switch the top and bottom arm each time you bring the arms in. Continue for 20-30 seconds.





WARM UP: BACK STRETCH

Bring the feet hip distance apart and place the hands on slightly bent knees. Keep the back straight with the backside sticking out. Then arch the back up and hold for several seconds before returning to straight position. Continue for 20-30 seconds.





WARM UP: ALTERNATING SIDE LUNGES

Stand with feet wider than hip distance apart. Lean over to right side and bend the right leg into a 90-degree angle while straightening out the left leg. Come back to center. Now lunge to the left side. Continue lunging from side-to-side for 20-30 seconds.





STRENGTH: SUMO SQUAT WITH BICEP CURL

- **Targets:** Inner legs, glutes (backside), and biceps (upper front of arms).
- Stand with feet wider than hip distance apart and toes pointing out to sides. Squat down as low as possible while keeping knees pointed out. Simultaneously, lower arms when squatting down. Rise back up to standing position and curl the arms and weights into the chest. Continue for 20-30 seconds.





STRENGTH: WIDE DEAD ROWS WITH SQUAT

- **Targets:** Legs, glutes (backside), and shoulders.
- Stand with feet hip distance apart and squat down into heels. Make sure to keep knees behind toes when squatting down. While remaining in squat position, bring the hands and weights up to shoulder height. Lead the arms up with bent elbows to allow the arms to span out. Think about squeezing your shoulder blades on the way up. Lower the hands back to starting position, remaining in a squat. Continue for 20-30 seconds.



STRENGTH: WALKING PUSH UPS

- **Targets:** Shoulders, chest, abdominals.
- Start with feet hip distance apart. Bend down and touch your toes. Slowly walk the hands out until you are in a full plank position with your hands under your shoulders. Do a push up (the same that you learned in workout one) and then walk hands slowly back to toes. Come back to standing. Continue for 20-30 seconds.







CARDIO: SUMO JUMPS

- Stand with feet wider than hips and toes facing out. Bend knees and jump continuously landing in sumo squat position. Continue for 20-30 seconds.
- This plyometric move (jumping move) revs up the heart rate and gets you in shape for running and jumping long distances fast.





CARDIO: SPRINTS

- Run in place as fast as you can for 20-30 seconds.
- This movement increases overall speed and stamina.





ABS: SIT UPS

- Lie on back with bent knees and hands behind the head supporting the neck. Bring the chest and upper body off the ground as high as possible. Think about bringing the rib cage up to the knees. Continue for 20-30 seconds.
- This move increases overall abdominal strength.





STRENGTH: ROLLING SQUATS

- **Targets:** Legs, glutes (backside), shoulders.
- Stand with feet hip distance apart and arms straight out in front of chest. Squat down and sit back into heels. As you squat down bring the arms down and back as if making a large circle. Come back to standing with arms and back in front of chest. Continue this move for 20-30 seconds.





STRENGTH: PIKE PUSH UP

- **Targets:** Shoulders, chest, lower back.
- Drop into a plank position with hips in the air as if you are making an upside-down V. Make sure your hands are directly under your shoulders. Do a push up with elbows extended out to sides and then push back up through the palms of the hands to starting position. Continue for 20-30 seconds.





CARDIO: SIDE-TO-SIDE JUMPS

Jump from side-to-side, from one foot to the other. As you get more comfortable with the movement jump out to the sides farther and faster. Continue for 20-30 seconds.





CARDIO: HIGH KNEES

- Run in place lifting your knees as high as you can. Think about lifting through the abdominal muscles to bring the knees even higher. Continue for 20-30 seconds.
- This move increases endurance and abdominal strength.





ABS: RUSSIAN TWIST

- **Targets:** Obliques (targets sides of abdominal wall).
- Sit on bottom with legs out in front of you and slightly bent. For more advanced athletes, keep your feet off the ground a couple of centimeters. Move upper body from side-to-side slowly while lower body stays still. Continue for 20-30 seconds.





STRENGTH: TRICEPS DIPS

- **Targets:** Triceps (back of upper arms).
- Come onto feet and hands, making a table with the body. Hands should be facing feet. Bend the elbows and let the body come as close to the floor as possible. Push back up through the arms until straight. Continue for 20-30 seconds.





STRENGTH: SIDE-TO-SIDE LEG RAISE

- **Targets:** Inner and outer legs, glutes (backside).
- Standing tall, lift one leg straight out to the side. Continue for 20-30 seconds. Repeat movement on other leg for 20-30 seconds.





CARDIO: SKI JUMPS

- Jump with both feet together from side-to-side. Swing arms back and forward for extra momentum and power. Continue jumping for 20-30 seconds.
- This plyometric move increases stamina and jumping power.





CARDIO: LUNGE WITH PUMPING ARMS

Come into a lunge position with one foot back and the other out in front. Make a 90-degree angle with each knee and keep torso standing up vertically. Pump arms vigorously as if you're running fast in place. Continue for 20-30 seconds then repeat movements on other leg.





ABS: HOLLOW WOMAN

- Come onto back. Lift legs and shoulders a couple centimeters off the ground with arms extended out to sides. Hold position for 20-30 seconds.
- This move strengthens the core.





COOL DOWN: HAMSTRING STRETCH

- **Stretches:** The back of the legs.
- Sit on the ground with legs stretched to each side as far as you can manage. Reach for one toe and hold for 15 seconds. Then, reach the body forward and hold for 15 seconds. Lastly, reach for the opposite toe and hold for 15 seconds.
- **Attention:** If you can't touch the toe that is okay. Reach until you feel the stretch only. To improve flexibility further, try stretching deeper with every exhalation.





COOL DOWN: QUADRICEPS STRETCH

- **Stretches:** Quadriceps (front of upper leg).
- Stand on one leg and hold the opposite foot behind you. Keep your hips facing forward. Hold for 15 seconds and repeat movement on other leg.
- **Attention:** Hold onto a wall, or piece of furniture for extra balance if you need to.





COOL DOWN: ARM STRETCH

- **Stretches:** Arms and shoulders.
- Bring one arm across the chest and hug it closely to the body with the opposite arm. Hold for 15 seconds and repeat stretch on other arm.





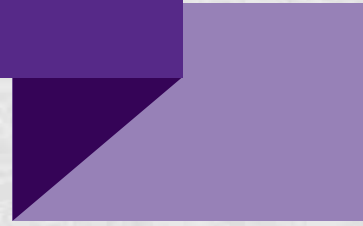
COOL DOWN: CHEST STRETCH

- **Stretches:** Chest and shoulders.
- Lace your fingers behind your back and lift straight arms as high as possible. Allow the chest to open up. Hold for 20-30 seconds breathing deeply throughout the stretch.





FITNESS ROUTINE **3**





WARM UP: MILITARY MARCH

Kick one leg out in front of you while raising the opposite hand straight over the head. Repeat on opposite side. Continue switching feet and arms for 20-30 seconds.





WARM UP: KNEE GRAB

Bring knee into chest and hold for 5 seconds. Switch sides and bring knee to chest and hold. Continue switching legs for 20 to 30 seconds.





WARM UP: JUMP ROPE

- Stand with feet hip distance apart and keep palms facing front as if holding the handlebars of a jump rope. Jump vigorously for 20-30 seconds.
- This move will put more power in the front of the arms (biceps) and help you jump higher.





WARM UP: HIP FLEXOR STRETCH

Bring one leg forward and keep it slightly bent while other leg goes straight back behind you. Push forward through the hips and keep the upper body vertical. Hold for 15 seconds and repeat movement on other side. Think about arching your back to get deeper into the hip flexor.





STRENGTH: DEADLIFT TO UPRIGHT ROW

- **Targets:** Hamstrings (back of legs), glutes (backside), and shoulders.
- Stand tall with feet hip distance apart. Drop upper body down with a straight back. Hinge back up to standing and lift hands and weights to shoulder height with elbows facing out. Continue movement for 20-30 seconds.





STRENGTH: MORNING GLORY

- **Targets:** Upper and lower back.
- Stand tall with feet a little wider than hip distance. Lower the upper body slowly while keeping the back straight and pushing out through the hips and backside. Do not bend the legs too much! Slowly come back to standing and squeeze the backside together. Continue movement for 20-30 seconds.
- **Attention:** This movement can be done with/without weights.





CARDIO: ONE LEG JUMP WITH FOOT GRAB

Jump from side-to-side from one foot to the other. When landing on standing foot hold other foot up with hands for several seconds. Continue movement for 20-30 seconds.





ABS: SCISSOR KICKS

Lie down on back and place hands under bottom. Lift straight legs a couple centimeters off the ground. Vigorously move one straight leg over the other and switch sides. Continue for 20-30 seconds.





STRENGTH: FOUR SQUAT WITH FRONT SHOULDER RAISE

- **Targets:** Legs, backside, and front shoulders.
- Stand on one leg and bend the other bringing the foot just above the standing leg's knee. Your legs should make the number 4. Squat down and raise arms straight out in front of you. Hold for a couple of seconds and come back to starting position. Continue for 20-30 seconds and repeat movement on other leg.





STRENGTH: SUPERWOMAN

- **Targets:** Lower and upper back.
- Lie on stomach with arms extended straight out in front of you and your legs extended straight behind you. Lift legs and arms off the ground as high as possible and hold for a couple of seconds before lowering back down. Continue movement for 20-30 seconds.





STRENGTH: SQUAT WITH TRICEPS KICKBACK

- **Targets:** Legs and back of the arms (triceps).
- With feet hip distance apart bend knees and come into a squat position. Bring arms straight back. Take arms as far back as possible until they are parallel with the floor and then bring back into bent position. Continue movement with legs in squat position for 20-30 seconds.





CARDIO: MOUNTAIN CLIMBERS

Come into a plank position with hands directly under shoulders. Bring feet in and out towards the chest vigorously. It should feel like you're running in place while in plank position. Continue movement for 60 seconds.





ABS: TWISTING PLANK

Come into plank position with hands directly under shoulders. Bring one knee in and to the opposite shoulder blade. Hold for a couple seconds and come back into plank position. Repeat movement on opposite leg. Continue twisting planks for 20-30 seconds.





STRENGTH: KNEELING KNEE LIFTS

- **Targets:** Glutes (backside).
- Come onto hands and knees making a table with the back. Make sure your hands are directly under shoulders. Lift one bent leg up and to the side, so it is bent and parallel with the ground. Lower back down to starting position. Continue for 20-30 seconds. Repeat movement on opposite leg for 20-30 seconds.





STRENGTH: DONKEY KICKS

- **Targets:** Glutes (backside).
- Come onto hands and knees making a table with the back. Make sure your hands are directly under shoulders. Lift one bent leg up and behind as if you are kicking the ceiling with the sole of your foot. Continue for 20-30 seconds. Repeat movement on opposite leg for 20-30 seconds.





STRENGTH: LYING SIDE LEG RAISE

- **Targets:** Glutes (backside), inner and outer legs.
- Lie on one side with bottom leg straight and other leg straight and out in front of you. Lift straight top leg as high as you can and lower back to starting position. Continue movement for 20-30 seconds. Repeat on opposite leg.





CARDIO: JUMPING JACK CLAPS

Stand with feet farther than hip distance apart and arms straight out to sides at shoulder height. Jump feet and hands in at the same time. Clap the hands together in front of the chest. Continue movement for 20-30 seconds.





CARDIO: KNEE KICKS

Bring one leg straight behind you and other forward and slightly bent. Keep arms straight and over the head. Bring knee up to the chest and elbows down at the same time. Think about kneeling someone in the chest. Continue the movement vigorously for 20-30 seconds. Repeat on the other side.





ABS: OBLIQUE RAISES

- Come onto one side and rest on a bent forearm. Keep forearm directly under shoulder. Lift the hips up into a side plank and lower back onto the side. Continue movement for 20-30 seconds. Repeat on opposite side for 20-30 seconds.
- This movement strengthens the sides of the abdominal wall (the oblique muscles).





COOL DOWN: HAMSTRING STRETCH

- **Stretches:** The back of the legs.
- Sit on the ground with legs stretched to each side as far as you can manage. Reach for one toe and hold for 15 seconds. Then, reach the body forward and hold for 15 seconds. Lastly, reach for the opposite toe and hold for 15 seconds.
- **Attention:** If you can't touch the toe that is okay. Reach until you feel the stretch only. To improve flexibility further, try stretching deeper with every exhalation.





COOL DOWN: QUADRICEPS STRETCH

- **Stretches:** Quadriceps (front of upper leg).
- Stand on one leg and hold the opposite foot behind you. Keep your hips facing forward. Hold for 15 seconds and repeat movement on other leg.
- **Attention:** Hold onto a wall, or piece of furniture for extra balance if you need to.





COOL DOWN: ARM STRETCH

- **Stretches:** Arms and shoulders.
- Bring one arm across the chest and hug it closely to the body with the opposite arm. Hold for 15 seconds and repeat stretch on other arm.





COOL DOWN: CHEST STRETCH

- **Stretches:** Chest and shoulders.
- Lace your fingers behind your back and lift straight arms as high as possible. Allow the chest to open up. Hold for 20-30 seconds breathing deeply throughout the stretch.





