

tara abel

FITNESS & LIFESTYLE

PRESENTS

THE

BACK TO BASICS

CHALLENGE

FITNESS DOESN'T HAVE TO BE COMPLICATED.

BACK TO BASICS CHALLENGE

WEEK ONE

WORKOUT THREE

Strength: Perform each exercise for 50 seconds each, back-to-back, no rest, a total of 4 times through. Should feel MODERATELY HARD - HARD.

Exercise	Time	Instructions	Modification
Squat and press	50 seconds	Stand with your feet a comfortable distance apart. Take a dumbbell in each hand and hold them at shoulder height. Keeping your chest up, bend at your knees then hips to lower your bum down towards the ground behind you. Go as low as you can with control, ideally your hips should go below your knees. Keeping your heels on the ground, push up into the start position. Use the upward	Less weight.

		<p>momentum to help you press the dumbbells up overhead directly above your shoulders. Bring the dumbbells back to the shoulder height position ready to go again.</p>	
Renegade row	50 seconds	<p>Come down so that your hands and feet are on the floor. Place your hands a little narrower than shoulder width apart. Position your hips to form a straight line from your ankles to your shoulders. Engage your core. Keeping your hips and shoulders level, take one hand off the ground and bend your elbow to row that hand towards your bottom rib on the same side. Move back in to the start position and then repeat moving the other side.</p>	<p>Perform from knees OR bentover over (row from standing, hinging at the hips (bum goes back first).</p>
Single leg hip thrust - L	50 seconds	<p>Lie face up with your upper back and head supported on a bench. Bend your knees so your feet are flat on the floor with heels under knees. Bring one foot up and place it so that your ankle is resting on the thigh of your opposite leg. Push through the heel that is on the ground, lifting your hips up to the point where there is a straight line from your chest to your knee. Keep your chin and your chest and squeeze your bum at the top of the movement. Lower your hips as far as you comfortably can. Keep your hips aligned throughout the whole</p>	<p>Rest when needed.</p>

		movement.	
Single leg hip thrust - R	50 seconds	“ “	Rest when needed.
Lateral hops	50 seconds	Stand with your feet a comfortable distance apart. Bend at your knees then hips to lower your bum down towards the ground behind you. Start as low as you can with a slight forward lean. Spring sideways and up as far as you can Land on both feet softly and bending the knees slightly and repeat.	Lateral steps.
	X 4 rounds		

CORE FINISHER

Be sure to watch for pain, peeing, prolapse (heaviness in the pelvis), or peaking (doming of the abdomen, inability to engage core during an exercise.) Should feel MODERATELY HARD - HARD.

Perform each exercise for 30 seconds, back-to-back, no rest, a total of 2 times through.

Exercise	Time	Instructions	Modification
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Exercise	Time	Instructions	Modification
Front plank	30 seconds	Come down so that your elbows, feet and hands are touching the floor. Engage your core by drawing your tummy in and pelvic floor (the muscle you would use to stop yourself from peeing) up with 30% effort. Keep your bum down so your body is flat from	Plank from knees, incline, or wall.

		your ankles to your head.	
Side plank hip dips	30 seconds	<p>Come down with one elbow and the outside of your corresponding foot on a mat. Your feet, knees, hips, chest and head should all be facing sideways. Your body should form a straight line all the way up. Engage your core by exhaling to engage your deep core muscles and pelvic floor, drawing your abdominals together and slightly upwards.</p> <p>Dip your hips downwards towards the floor and then raise the hips back up to bring your body into a straight line, keeping shoulders back.</p>	Side plank only.
Side plank hip dips	30 seconds	“ “	Side plank only.
	x 2 rounds		