

BACK TO BASICS CHALLENGE  
WEEK ONE

**WORKOUT ONE**

Strength: Perform each exercise for 45 seconds each, back-to-back, resting after you have done each exercise once for 60 seconds. Then repeat for a total of 4 times through. Should feel **HARD** to **MODERATELY HARD**.

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

Exercise	Time	Instructions	Modification
Clean and press- alternating sides	45 seconds	Place the dumbbell in front of one foot. With feet hip width apart, bend at the knees and squat down. Grab the dumbbell with palm facing towards you, keeping your chest proud and weight in the heels. Exhale, press through the heels, and power up, pulling the dumbbell with you and ending up in a starting squat position with soft knees, dumbbell held above the shoulder. Keeping your ribs over your hips, power the dumbbell over head, lower with control and squat back down, returning	Less weight

		the dumbbell to the starting position but with the dumbbell on the opposite side. Repeat the movement, alternating sides.	
Dumbbell kneel to stand - alternating sides	45 seconds	“ “	Sumo squat
Bentover row	45 seconds	Hold your dumbbells in each hand, palms facing towards the body. With feet hip width apart, hinge at the hips (bum goes back first.) Your arms will be dangling in front of you. Keep your core engaged and chest proud as you exhale, bending at the elbows and pulling the dumbbells back. Pause, squeezing between the shoulder blades, lower the weights with control to the starting position.	Less weight
Bird dog	45 seconds	On all fours, exhale to engage your core and bring opposite arm and leg away from the body. Keep your hips squat to the floor and move as little as possible. Bend your limbs to return to the starting position. Repeat on the other side.	One limb at a time
	REST FOR 60 seconds Repeat 4 xs through		
CARDIO			
Jumping jacks	30 seconds	Start standing with a slight bend in knees and hands resting on thighs. Keeping the knees bent open the arms and legs out to the sides. Arms come above the head and legs wider than shoulders, then close returning to you start.	Tap-outs (no impact)
High knees	30 seconds	Start standing with feet hip distance apart. Lift up right knee as high as it will go and raise the opposite arm, then	High steps (no impact)

		switch quickly so left knee is up before right foot lands. Continue pulling knees up quickly for as long as desired.	
	X 3 times through No rest		