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FITNESS & LIFESTYLE

PRESENTS

THE

BACK TO BASICS

CHALLENGE

FITNESS DOESN'T HAVE TO BE COMPLICATED.

BACK TO BASICS CHALLENGE

WEEK ONE

WORKOUT TWO

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

Cardio: Perform As Many Rounds As Possible of the exercises, back-to-back, no rest for 2 minutes.

Exercise	Time	Instructions	Modification
Goblet squat	50 seconds	Stand with your feet parallel and a comfortable distance apart with your weight evenly distributed between both legs. To add resistance take a dumbbell or kettlebell in your hands in front of your chest. Your palms	Less weight

		<p>should be facing each other and elbows should be wide and slightly raised. 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.</p>	
Spiderman pushup	50 seconds	<p>Come down so that your hands and feet are on the floor. Place your hands a little wider than shoulder width apart. Engage your core. Bend your elbows lowering your body toward the ground. Keep your elbows at about 45 degrees from the sides of your body. As you lower your body bring one leg outside your body with a bent knee (Spiderman style). Lower until your chest is a small fist away from the ground and then push back up while bringing your leg back into the start position. Repeat moving your other leg outside your body.</p>	<p>Perform a push-up from your knees or from a wall. Then, add in the oblique crunch or eliminate the crunch if it is not serving your core.</p>
Deadbug	50 seconds	<p>Lie on your back, palms down on the mat, bent knees in air. On your exhale breath, drop one knee down and one straight-arm back, until your foot touches the floor and arm is extended while still keeping your back to the mat and core engaged. Return to the starting position. Repeat with the other side.</p>	<p>Leave hands at your sides rather than in the air or do a heel slide. You can also start with heels on the floor and sliding your foot out, rather than dropping it.</p>
Dumbbell Romanian Deadlift	50 seconds X 4 rounds	<p>Begin in a standing position with a dumbbell in each hand. Ensure that your back is</p>	<p>Less weight.</p>

		<p>straight and stays that way for the duration of the exercise. Allow your arms to hang perpendicular to the floor, with the wrists pronated and the elbows pointed to your sides. This will be your starting position. Initiate the movement by flexing your hips, slowly pushing your bum back. This should entail a horizontal movement of the hips, rather than a downward movement. The knees should only partially bend, and your weight should remain on your heels. Maintain a straight back throughout the exercise. When you feel a stretch in your hamstrings, pause, and then slowly return to the starting position by extending the hips.</p>	
Cardio AMRAP	Repeat circuit As Many Rounds As Possible for 2 minutes		
Skaters	10 / side	<p>Stand with your weight on one foot. Jump sideways as far as you can to land on the other foot, softly and bending the knees. On landing jump again to land on the first foot. Look straight ahead throughout the movement</p>	Eliminate jumping.
Jumping jacks 10	10 / side	<p>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.</p>	Tap-outs.
High knees 10	10 / side	<p>Start standing with feet hip</p>	High-steps.

		<p>distance apart. Lift up right knee as high as it will go and raise the opposite arm, then switch quickly so left knee is up before right foot lands. Continue pulling knees up quickly for as long as desired.</p>	
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