

Beginner's Day 3

37 min · Glutes & Hip flexors, Abs, Back, Cardio, Chest, Legs, Shoulders



Nayo R.

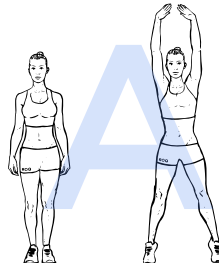
Cardio - Running



5 min

Speed 3.8-4.0

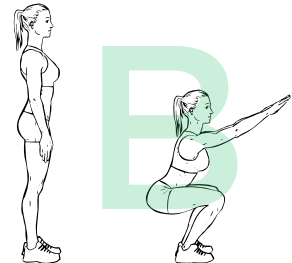
Jumping Jacks



3 sets 30 secs

Superset A1

Air Squats

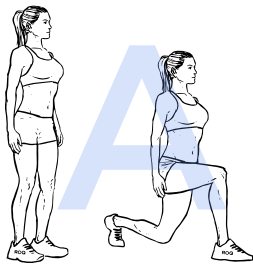


3 sets 30 secs

Superset B1

0:30
rest

Alternating Bodyweight Lunges



3 sets 60 secs

Superset A2

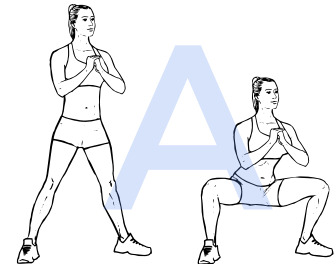
Bodyweight Shoulder Presses



3 sets 30 secs

Superset B2

Bodyweight Sumo Squats

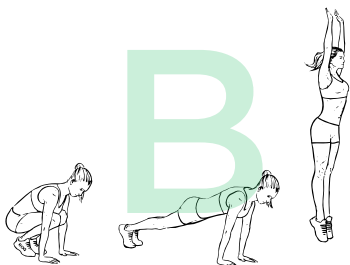


3 sets 30 reps

Superset A3

0:30
rest

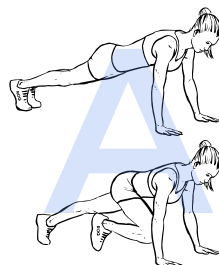
Burpees



3 sets 10 reps

Superset B3

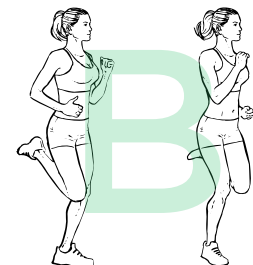
Mountain Climbers



3 sets 30 secs

Superset A4

Butt Kicks



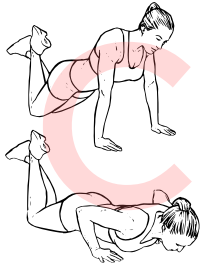
3 sets 30 secs

Superset B4

0:30
rest



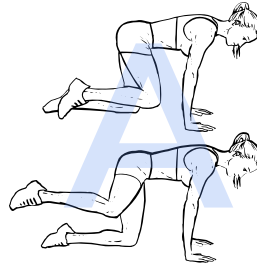
Knee Push-ups



3 sets 10 reps

Superset C1

Adductor Knee Raises

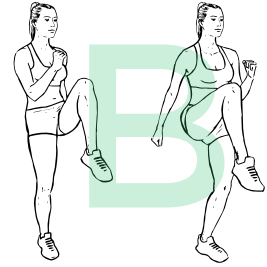


0:30
rest

3 sets 20 reps

Superset A5

High Knees

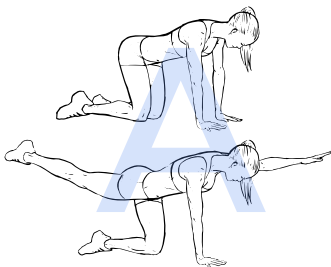


0:30
rest

3 sets 30 reps

Superset B5

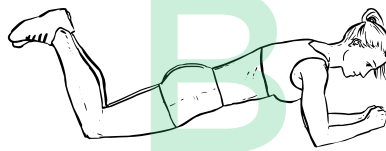
Bird Dogs



2 sets 10 reps

Superset A6 · 10 reps on each side. This is not alternating

Knee Plank



3 sets 30 secs

Superset B6

Cardio - Running / Jogging / Treadmill

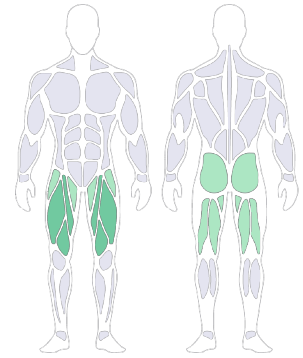
Primary muscle group(s):

Quadriceps

Secondary:

Glutes & Hip Flexors, Hamstrings

No specific instructions for this exercise.



Jumping Jacks / Star Jumps

Primary muscle group(s):

Glutes & Hip Flexors, Quadriceps

Secondary:

Abs, Calves, Hamstrings, Shoulders

Stand with your feet together, arms fully extended with your hands by your sides. This is the start position.

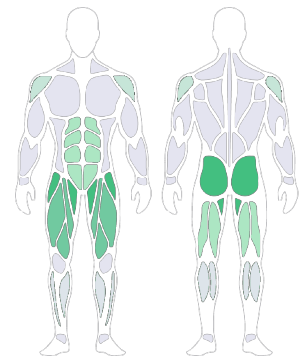
Bend your knees slightly then straighten and push through the balls of your feet while straightening your knees to jump up spreading your legs to wider than hip width apart.

As you do so, raise both arms out and up in a smooth arc until your hands meet above your head.

As you return to the ground, bring your feet together and your hands back to your sides with your arms fully extended.

Continue without pause for the desired amount of time or repetitions.

⚠ This exercise can be performed as a timed exercise, completing as many reps as possible in a set time or, in sets with a fixed number of repetitions per set. To increase intensity, bend your arms slightly as you raise them to engage your biceps and triceps and squeezing them during each rep.



Air Squats

Primary muscle group(s):

Quadriceps

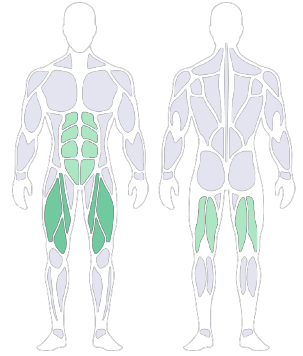
Secondary:

Abs, Hamstrings

Place your feet at shoulder width apart while keeping your chest up and your abdominals braced.

Begin the movement by swinging your arms up towards your shoulders. At the same time, bend at the knees and drive your hips back like you're sitting in a chair.

Once your upper thighs are parallel with the ground, pause, then drive your hips forward to return to the starting position.



Alternating Bodyweight Lunges

Primary muscle group(s):

Quadriceps

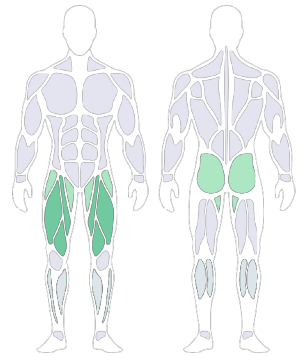
Secondary:

Calves, Glutes & Hip Flexors

Stand straight - that's the starting position. Step forward with your left leg and slowly lower your body until your front knee is bent at least 90 degrees, while your rear knee is just off the floor. Keep your torso upright the entire time. Look forward.

Pause, then push off your left foot off the floor and return to the starting position as quickly as you can.

On your next rep, step forward with your right leg. Continue to alternate back and forth—doing one rep with your left, then one rep with your right.



Bodyweight Shoulder Presses

Primary muscle group(s):

Shoulders

Secondary:

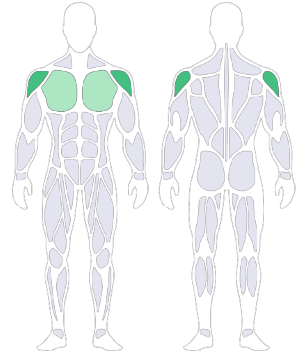
Chest

From a push-up position push your glutes upwards and walk your feet in so that you are in a downward-dog pose.

The shape of your body should look like a triangle from the side.

Lower your shoulders towards the ground by bending your elbows.

Allow your forehead to very lightly make contact with the ground before pushing upwards and away back into the starting position.



Bodyweight Sumo / Wide Stance Squats

Primary muscle group(s):

Glutes & Hip Flexors, Quadriceps

Secondary:

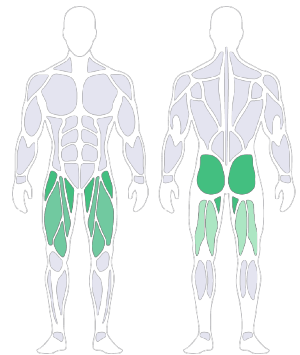
Hamstrings

Stand with your feet in a wide stance, with your toes slightly pointed outwards - like a sumo wrestler. Hold your hands together in front of your chest.

Keeping your back straight, lower your body towards the ground by bending your knees.

As you reach a fully squatting position (legs are bent at a 90-degree angle), hold the pose for 1 second before driving your feet into the floor and slowly push your body back up to the starting position.

For a bonus, tense your glutes at the top of the movement.



Burpees / Squat Thrusts

Primary muscle group(s):

Abs, Glutes & Hip Flexors

Secondary:

Chest, Shoulders

Stand straight with your feet shoulder width apart and hands by your sides. This is the start position.

In one smooth motion, squat down and place your hands palms down on the floor in front of your feet.

Lean forward, so your weight is on your hands, at the same time jumping your legs out behind you until they are fully extended. Your body should form a straight line with your weight supported on your toes and the balls of your feet and your arms fully extended. (In a push up position)

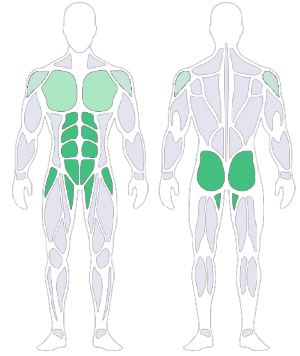
Jump your feet out by spreading your legs, so that they are wider than hip width apart, then immediately jump them back together.

Complete 1 full push up.

Jump your feet forward to just behind your hands.

Use an explosive motion to push through your heels and return to the start position.

Repeat.



Mountain Climbers / Alternating Knee-ins

Primary muscle group(s):

Abs, Glutes & Hip Flexors

Secondary:

Chest, Shoulders

Place your hands flat on the floor, shoulder width apart.

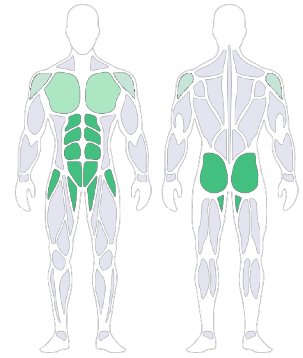
Extend your torso and legs fully behind you with only your toes and balls of your feet touching the floor.

Your body should be in a straight line, with your weight supported on your hands and toes only.

Starting with either leg, flex your knee and hip at the same time to bring your knee up and under your hip. Your other leg should remain fully extended. This is the start position.

Using an explosive movement, reverse the position of your legs, by extending the bent leg back and simultaneously flexing the straight leg until it is in the start position.

Continue alternating in this manner for the desired amount of time.



Butt Kicks

Primary muscle group(s):

Hamstrings, Quadriceps

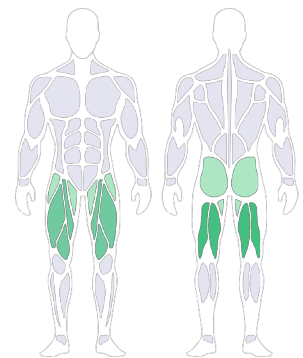
Secondary:

Glutes & Hip Flexors

Standing tall with a tight core and flat back, you will begin the dynamic stretching exercise as if you were running in place. Keep the knees slightly bent at all times. Start slowly and work up to a faster speed.

Bring your left foot back and all the way up to the glutes. Return your left foot to the ground and repeat on the other side.

Continue this back and forth motion, keeping your arms swinging in motion.



Modified / Knee Push-ups / Pushups

Primary muscle group(s):

Chest

Secondary:

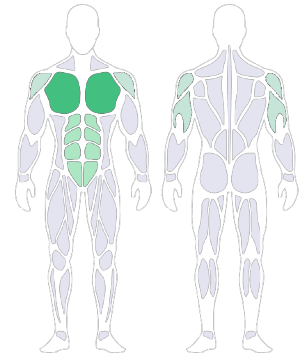
Abs, Shoulders, Triceps

Come to the ground on your knees. Tighten your core and maintain a flat back.

Position your hands on the ground in front of you, directly below your shoulders. Cross your feet in the back.

Lower your chest towards the ground. Bend your elbows at a 60-degree angle until your chest is just above the ground. You should feel a stretch across your chest. Hold for a count of one.

Without locking your elbows, push yourself back to the starting position by straightening your arms.



Fire Hydrants / Abductor / Adductor Knee Raises

Primary muscle group(s):

Glutes & Hip Flexors

Secondary:

Abs

Position yourself on all fours on a mat with your palms flat and shoulder-width apart. Place your knees hip-width apart and bend them at a 90 degree angle.

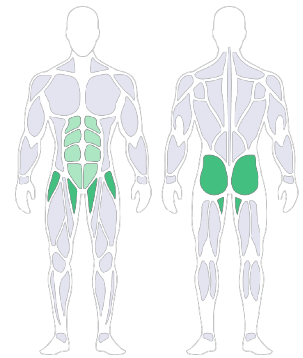
Try to relax your core so that your back and abs are in a natural position.

Maintain this posture as you raise your right knee and bring it as close to your chest as you can.

Now raise your right thigh out to the side, keeping the hips still.

Kick your raised leg straight back slowly until it is in line with your torso.

Reverse the movement to return to the starting position.



High Knees / Front Knee Lifts / Run / Jog on the Spot

Primary muscle group(s):

Abs

Secondary:

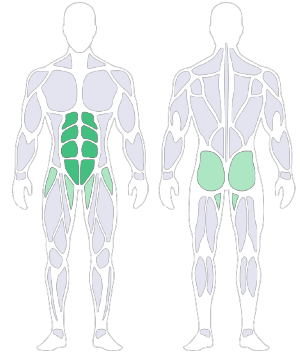
Glutes & Hip Flexors

Begin jogging in place, lifting the knees as high as you can.

Try to lift your knees up to hip level but keep the core tight to support your back.

For a more advanced move, hold your hands straight at hip level and try to touch the knees to your hands as you lift them.

Bring the knees towards your hands instead of reaching the hands to the knees!



Bird Dogs / Alternating Reach & Kickbacks

Primary muscle group(s):

Abs, Lower Back

Secondary:

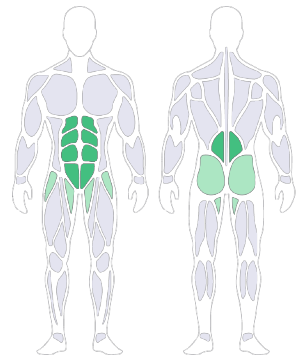
Glutes & Hip Flexors

Position yourself on all fours with knees underneath the hips and wrists under the shoulders.

Engage your abs and keep your spine neutral, pulling the shoulder blades towards the hips.

Lengthen the left leg until it is straight out and in line with your hips while simultaneously raising and straightening your right arm until it is parallel to the floor. Keep your head and shoulders aligned at all times.

Gently lower your arm and leg back to the starting position and alternate with the other arm and leg.



Knee Plank

Primary muscle group(s):

Abs, Obliques

Secondary:

Glutes & Hip Flexors

Lie face down on the ground with your legs together and your arms at your sides. Position your hands beneath your shoulders.

Tighten your core and elevate your upper body off the ground, stabilizing yourself with your forearms. Your feet, shins, and knees will remain on the ground.

Do not allow your hips to drop down. Hold the tension in your core for the prescribed amount of time. Slowly release back to the starting position.

