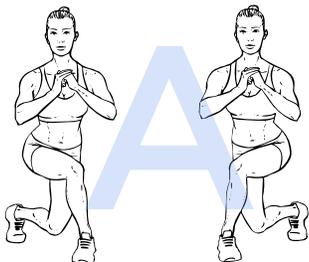


No Equipment Day 4

1 min · Glutes & Hip flexors, Abs, Back, Legs

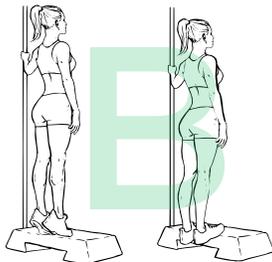
Each exercise is to be completed for 45 seconds with a 15 seconds rest. Complete A, B + C back to back. Then complete 4x. Time to complete: 30 minutes

Alternating Curtsy Lunges



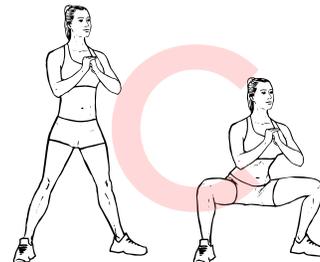
Superset A1 · complete for 45 seconds, rest 15 seconds

Bodyweight Calf Raises



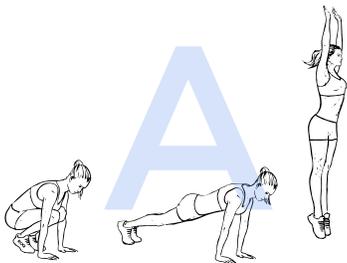
Superset B1 · complete for 45 seconds, rest 15 seconds

Bodyweight Sumo Squats



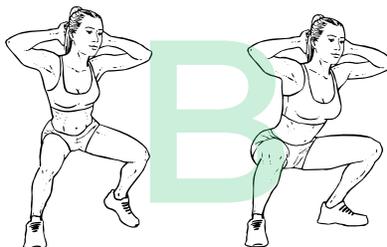
Superset C1 · complete for 45 seconds, rest 15 seconds

Burpees



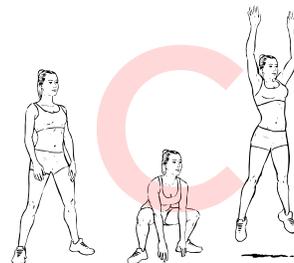
Superset A2 · complete for 45 seconds, rest 15 seconds

Duck Walks



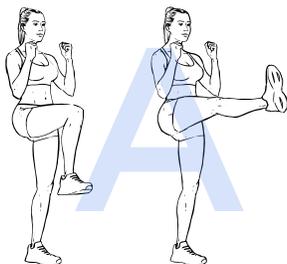
Superset B2 · complete for 45 seconds, rest 15 seconds

Frog Jumps



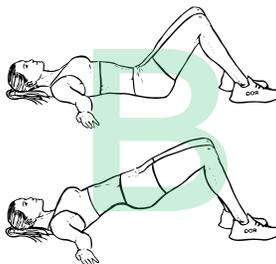
Superset C2 · complete for 45 seconds, rest 15 seconds

Front Kicks



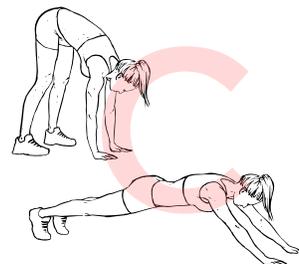
Superset A3 · complete for 45 seconds, rest 15 seconds

Hip Raises



Superset B3 · complete for 45 seconds, rest 15 seconds

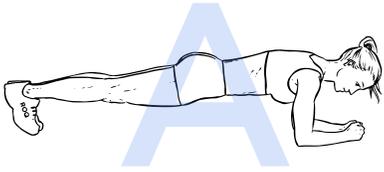
Inchworms



Superset C3 · complete for 45 seconds, rest 15 seconds



Plank



Superset A4 · 45 seconds x 3



Alternating Curtsy Lunges

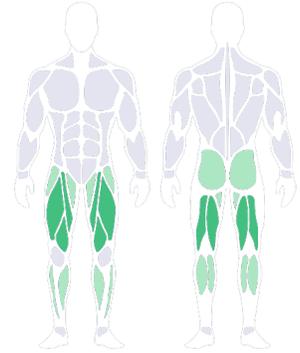
Primary muscle group(s):
Hamstrings, Quadriceps

Secondary:
Calves, Glutes & Hip Flexors

Standing with a braced core and flat back, bring your hands together at chest height. Position your feet to be at hip-width.

Beginning with the right foot, step backward and across your left foot. Simultaneously, bend the left knee and drop it towards the ground.

Stop when the front right knee is parallel with the ground. Push off the ground with your right foot and return to the starting position.



Bodyweight Calf Raises

Primary muscle group(s):
Calves

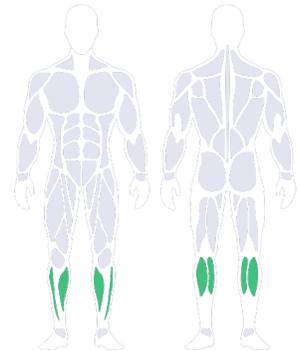
Stand straight with a tight core and flat back.

Keep your hands at your sides or hold on to a wall for balance.

Bring your feet to be hip distance apart.

Focusing the tension in your calf muscles, slowly raise yourself up on to the balls of your feet.

Pause at the top of the movement and slowly return to the starting position.



Bodyweight Sumo / Wide Stance Squats

Primary muscle group(s):

Glutes & Hip Flexors, Quadriceps

Secondary:

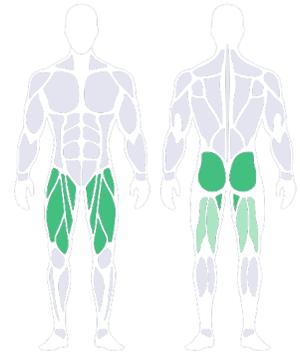
Hamstrings

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)

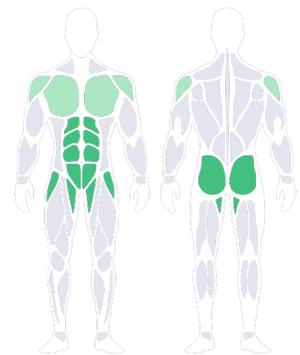
Jump your feet out by spreading your legs, so that they are wider than hip width apart, then immediately jump them back together.

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.



Duck Walks / Squats

Primary muscle group(s):

Glutes & Hip Flexors, Quadriceps

Secondary:

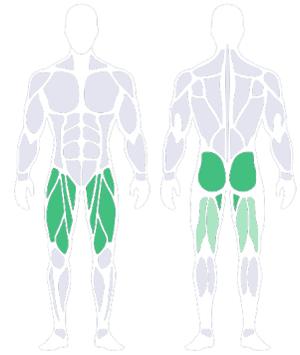
Hamstrings

Stand with your feet slightly wider than shoulder width apart. Bend your knees and bring yourself down into a squat until your thighs are parallel to the floor.

Keep your chest up, your eyes focused straight ahead, and your core engaged.

Take mini, duck-like steps forwards and backwards for the designated number of reps.

Quack quack.



Frog Jumps

Primary muscle group(s):

Hamstrings, Quadriceps

Secondary:

Calves

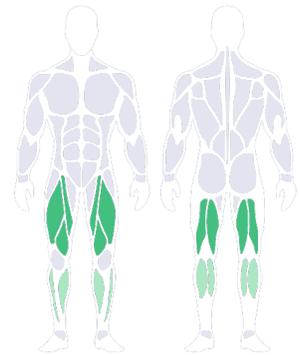
Standing straight up, bring your feet outside of shoulder width.

Squat down by bending at the knees and driving your hips back.

Keeping your chest up, forcefully push off the ground with the balls of your feet.

Land on the balls of your feet, remaining in the squatting position. Your legs will remain wide.

Repeat.



Front Kicks

Primary muscle group(s):

Hamstrings, Quadriceps

Secondary:

Abs, Calves, Glutes & Hip Flexors

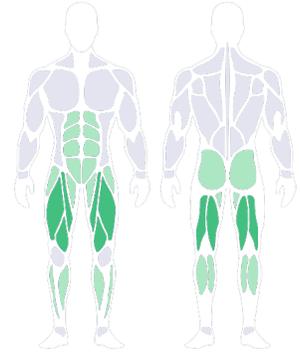
Stand with a tight core and flat back. Stagger your feet just a little so that your left foot is in front and your right front is behind you.

Bend your elbows and bring your closed hands to your chin, mimicking a traditional boxing stance.

Begin by extending your right leg up, leading with your knee.

Next, extend your foot out. Immediately, retract it back to the starting position.

Repeat on the other side.



Hip Raises / Butt Lift / Bridges

Primary muscle group(s):

Glutes & Hip Flexors, Hamstrings

Secondary:

Abs, Lower Back

Lie on an exercise mat with your knees bent so that your feet are flat on the floor. Keep your back straight.

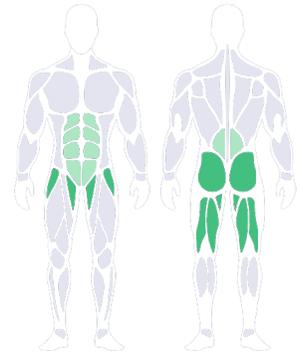
Place your hands out to your sides palms flat for stability.

Raise your glutes off the floor by extending your hips upward while pushing down through your heels.

Continue until your back, hips and thighs are in a straight line. Hold for a count of one.

Return to the start position by lowering your hips back to the floor.

Pause then repeat.



Inchworms / Walkouts

Primary muscle group(s):

Abs, Glutes & Hip Flexors, Lower Back

Secondary:

Biceps, Calves, Chest, Forearms, Shoulders

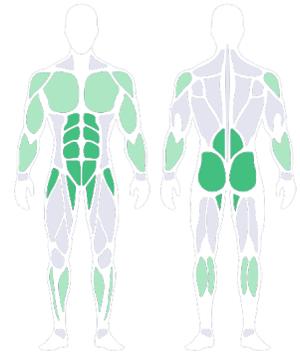
Stand tall with your legs extended straight.

Bend over from the hips and touch the floor with your palms flat on the floor.

Keep your legs straight as you walk your hands as far forward as you can. Don't let your hips sag.

Take small steps and walk your feet to your hands.

Continue for the desired amount of repetitions and then straighten up to the starting position.



Plank

Primary muscle group(s):

Abs

Get into a face down position on the floor supporting your upper body on your forearms. Your elbows should be bent at 90 degrees.

Extend your legs straight out behind you, supporting them on your toes and balls of your feet.

Keep your body in a straight line by tightening your abdominal and oblique muscles.

Hold for as long as possible.

 For extra balance training and core strengthening, you can lift one arm or leg.

