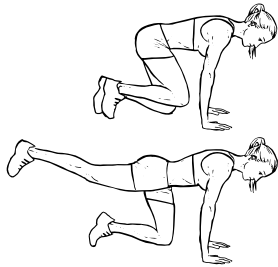


Home Workout: The Foundation

26 min · Abs, Legs

We are climbing the 'fitness mountain!' The exercises begin relatively easy and progressively become harder with each movement. Let's do this!

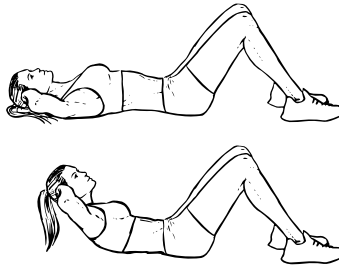
Donkey Kicks



20 reps

Let's get started! Go for 10 reps per leg here and then dive straight in to exercise 2!

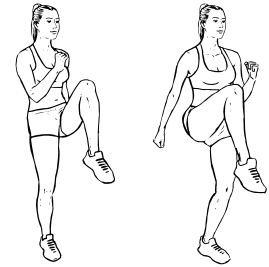
Crunches



10 reps

Need a break yet? Take it if necessary! Then, on to exercise 3!

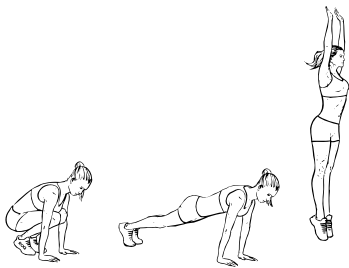
High Knees



20 reps

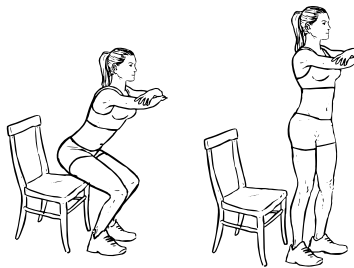
Again, go for 10 reps per leg. If you have any queries, take a peak at the exercise instructions below!

Burpees



45 secs

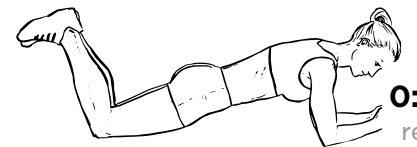
Chair Squats



10 reps

Try not to spend too long in that chair! Only allow it to touch your bum before moving on.

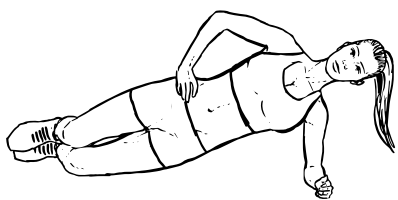
Knee Plank



20 secs

Hold out a 20 second plank and let the core development begin!

Modified Side Planks



30 secs

Both sides!

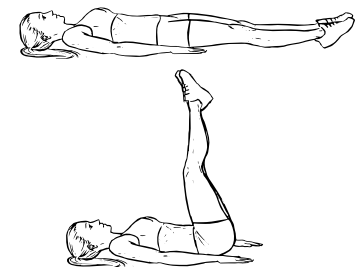
Jump Squats



6 reps

6 squat jumps to add a little sweat to the workout. Pretend there are snakes on the ground for added height!

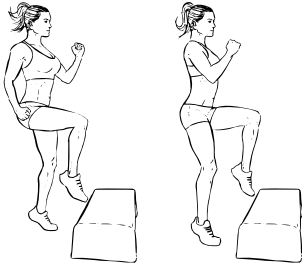
Lying Leg Raises



10 reps

You're so close! Keep going!

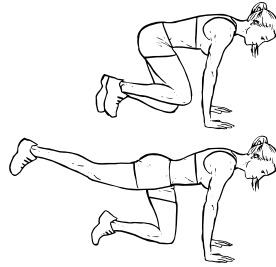
Toe Taps



20 reps

Let's get ready for round 2 once these taps are done.

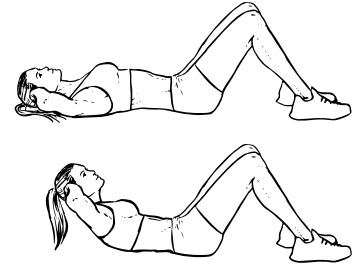
Donkey Kicks



20 reps

Let's go for another round!

Crunches



10 reps

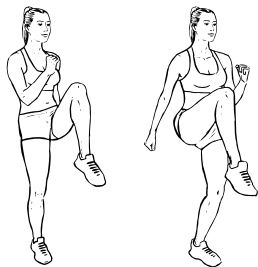
Rest a little, then move on!

0:30
rest

0:30
rest

0:30
rest

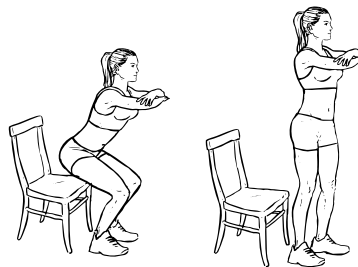
High Knees



20 reps

10 reps per leg, you've got this!

Chair Squats



10 reps

Only allow it to touch your bum before moving on.

Twisting Jump Squats



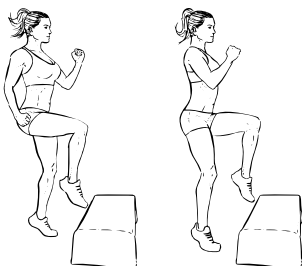
20 sets ⌘

0:30
rest

0:30
rest

0:30
rest

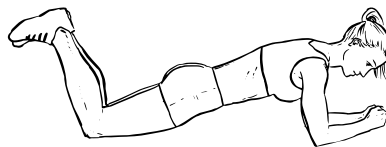
Toe Taps



20 reps

You're on fire! Give yourself a pat on the pack.

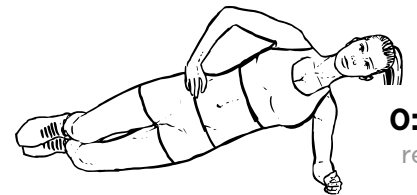
Knee Plank



30 secs

Hold it steady!

Modified Side Planks



30 secs

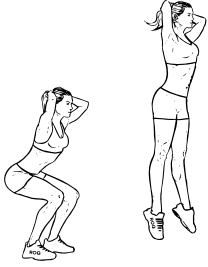
Both Sides!

2:00
rest

0:30
rest

0:30
rest

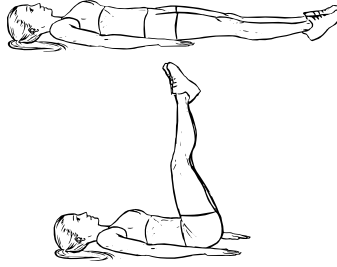
Jump Squats



6 reps

Get nice and low with each rep!

Lying Leg Raises

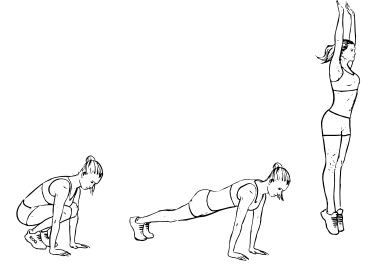


0:30
rest

10 reps

Don't let those feet touch the floor!

Burpees



0:30
rest

60 secs

Donkey Kicks

Primary muscle group(s):

Glutes & Hip Flexors

Secondary:

Abs

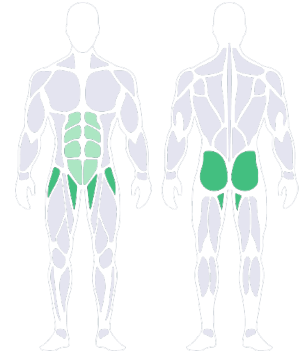
Position yourself on all fours on a mat.

Position your hands underneath your shoulders and place your knees under your hips.

Keep your right knee bent at 90 degrees and flex the foot as you lift the knee until it is level with the hip.

Lower the knee without touching the floor and repeat the lift.

Once you've completed the reps on the right leg, switch legs.



Crunches

Primary muscle group(s):

Abs

Lie flat on your back with your feet flat on the ground, with your knees bent at 90 degrees. Alternatively, you can place your feet up on a bench a few inches apart with your toes turned inwards and touching.

Place your hands lightly on either side of your head.

Keep your elbows in so that they are parallel to your body.

Push your back down flat into the floor to isolate your abdominal muscles.

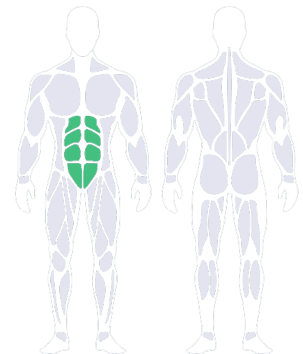
Gently curl your shoulders forward and up off the floor.

Continue to push down into the floor with your lower back.

Raise your shoulders about four to six inches only.

Hold and squeeze your abdominal muscles for a count of one.

Return to the start position in a smooth movement.



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

Primary muscle group(s):

Abs

Secondary:

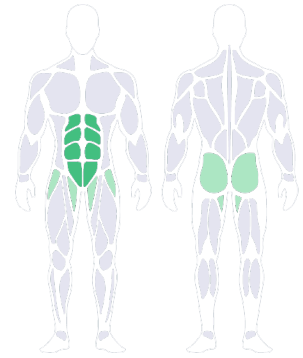
Glutes & Hip Flexors

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!



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)

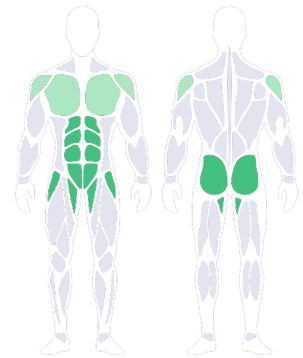
Jump your feet out by spreading your legs, so that they are wider than hip width apart, then immediately jump them back together.

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.



Chair Squats

Primary muscle group(s):

Glutes & Hip Flexors, Quadriceps

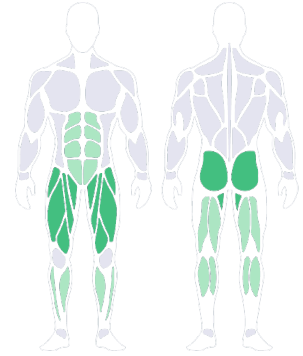
Secondary:

Abs, Calves, Hamstrings

Place a chair behind you. Stand up straight with a tight core and flat back. Fold your arms in front. Your feet should be shoulder-width and toes pointing forward.

Slowly descend by bending your knees and driving your hips back. Keep your chest and head up.

Touch the chair with your butt then slowly rise back to the starting position.



Knee Plank

Primary muscle group(s):

Abs, Obliques

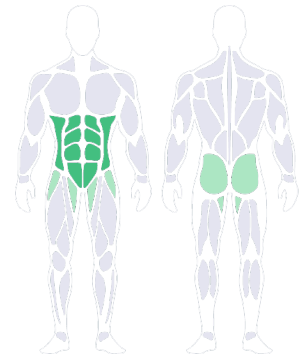
Secondary:

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.



Modified Side Planks

Primary muscle group(s):

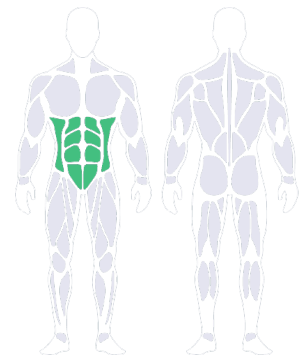
Abs, Obliques

Kneel on a yoga/exercise mat or towel with your feet out behind you.

Slowly lower yourself down to one side and ground your elbow and forearm so that it runs perpendicular to your body.

Embrace your core and hold this modified side plank for the designated amount of time.

Perform the same movement on the other side!



Jump Squats

Primary muscle group(s):

Glutes & Hip Flexors, Quadriceps

Secondary:

Abs, Calves, Hamstrings

Stand with your feet hip width apart. Your toes should be pointing straight ahead or only slightly outward.

Cross your arms in front of your body, place your hands behind your head or at the sides of your head.

Keep your weight on your heels and bend your knees while lowering your hips towards the ground as if you are sitting down on a chair.

Keep your back straight at all times.

Continue until you feel a slight stretch in your quadriceps. Do not let your knees extend out beyond the level of your toes.

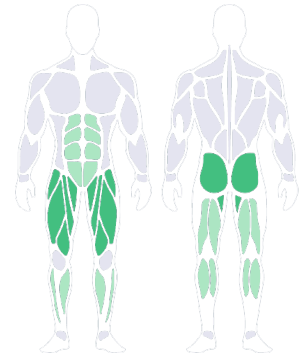
Pause for a count of one.

In an explosive movement, drive down through your heels pushing yourself up of the floor with your quads.

At the same time extend our arms out above you.

Land with your knees slightly bent to absorb the impact.

Repeat



Lying Leg Raises / Lifts

Primary muscle group(s):

Abs

Secondary:

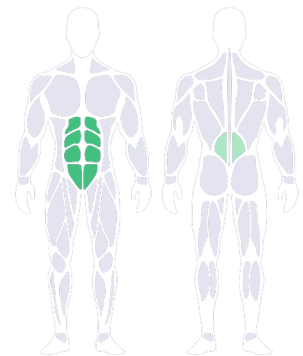
Lower Back

Lie on your back on a mat with hands under your lower buttocks on either side to support your pelvis.

Legs straight out in front of you, ankles together and feet slightly off the floor.

Keep your knees straight and raise your legs by flexing the hips until they are completely flexed.

Return to starting position.



Toe Taps

Primary muscle group(s):

Glutes & Hip Flexors, Hamstrings, Quadriceps

Secondary:

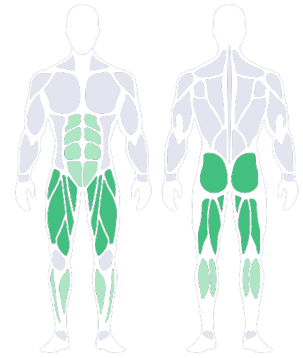
Abs, Calves

Begin with the edge of your left foot on a stepper or short platform. Your right foot will be flat on the ground underneath your hips.

Push off the ground with your right foot and switch legs in mid-air.

You will land with the edge of your right foot on the platform and your left foot on the ground.

Continue this movement, alternating feet and tapping the edge, without stopping.



Donkey Kicks

Primary muscle group(s):

Glutes & Hip Flexors

Secondary:

Abs

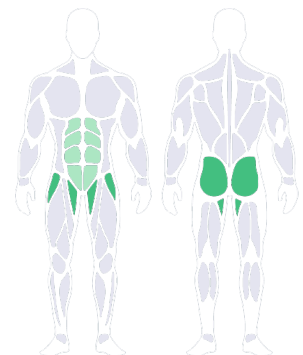
Position yourself on all fours on a mat.

Position your hands underneath your shoulders and place your knees under your hips.

Keep your right knee bent at 90 degrees and flex the foot as you lift the knee until it is level with the hip.

Lower the knee without touching the floor and repeat the lift.

Once you've completed the reps on the right leg, switch legs.



Crunches

Primary muscle group(s):

Abs

Lie flat on your back with your feet flat on the ground, with your knees bent at 90 degrees. Alternatively, you can place your feet up on a bench a few inches apart with your toes turned inwards and touching.

Place your hands lightly on either side of your head.

Keep your elbows in so that they are parallel to your body.

Push your back down flat into the floor to isolate your abdominal muscles.

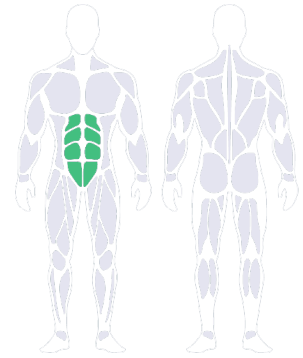
Gently curl your shoulders forward and up off the floor.

Continue to push down into the floor with your lower back.

Raise your shoulders about four to six inches only.

Hold and squeeze your abdominal muscles for a count of one.

Return to the start position in a smooth movement.



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

Primary muscle group(s):

Abs

Secondary:

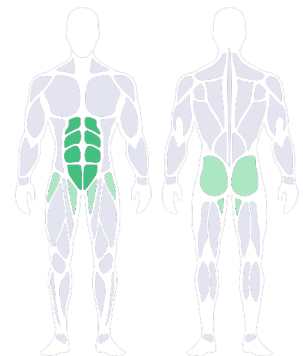
Glutes & Hip Flexors

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!



Chair Squats

Primary muscle group(s):

Glutes & Hip Flexors, Quadriceps

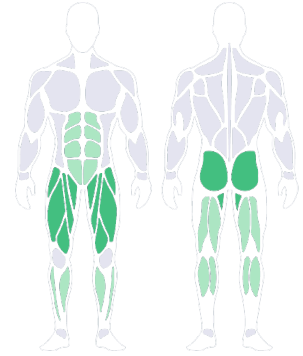
Secondary:

Abs, Calves, Hamstrings

Place a chair behind you. Stand up straight with a tight core and flat back. Fold your arms in front. Your feet should be shoulder-width and toes pointing forward.

Slowly descend by bending your knees and driving your hips back. Keep your chest and head up.

Touch the chair with your butt then slowly rise back to the starting position.



180 / Twisting Jump Squats

Primary muscle group(s):

Calves, Hamstrings, Quadriceps

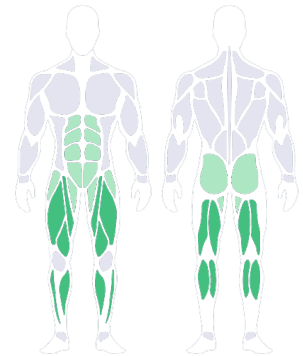
Secondary:

Abs, Glutes & Hip Flexors

Begin standing tall with a tight core. Your chest will be up and your gaze will be straight ahead. Bend at the knees and drive your hips back as you lower yourself into a squat position.

Launch yourself up while simultaneously twisting to the other side. Your body will perform a 180 degree turn in midair.

Land with bent knees and immediately go right into another jump squat, turning to the starting position. Repeat this alternating pattern.



Toe Taps

Primary muscle group(s):

Glutes & Hip Flexors, Hamstrings, Quadriceps

Secondary:

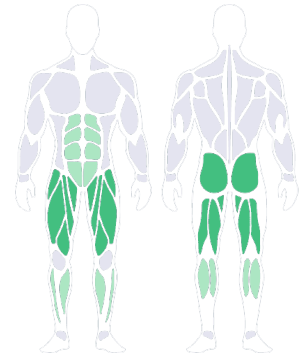
Abs, Calves

Begin with the edge of your left foot on a stepper or short platform. Your right foot will be flat on the ground underneath your hips.

Push off the ground with your right foot and switch legs in mid-air.

You will land with the edge of your right foot on the platform and your left foot on the ground.

Continue this movement, alternating feet and tapping the edge, without stopping.



Knee Plank

Primary muscle group(s):

Abs, Obliques

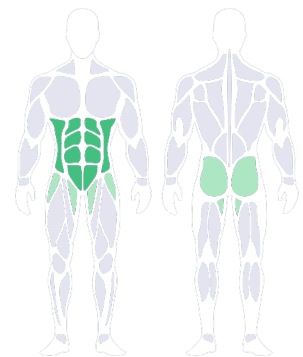
Secondary:

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.



Modified Side Planks

Primary muscle group(s):

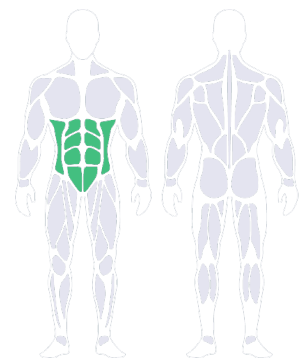
Abs, Obliques

Kneel on a yoga/exercise mat or towel with your feet out behind you.

Slowly lower yourself down to one side and ground your elbow and forearm so that it runs perpendicular to your body.

Embrace your core and hold this modified side plank for the designated amount of time.

Perform the same movement on the other side!



Jump Squats

Primary muscle group(s):

Glutes & Hip Flexors, Quadriceps

Secondary:

Abs, Calves, Hamstrings

Stand with your feet hip width apart. Your toes should be pointing straight ahead or only slightly outward.

Cross your arms in front of your body, place your hands behind your head or at the sides of your head.

Keep your weight on your heels and bend your knees while lowering your hips towards the ground as if you are sitting down on a chair.

Keep your back straight at all times.

Continue until you feel a slight stretch in your quadriceps. Do not let your knees extend out beyond the level of your toes.

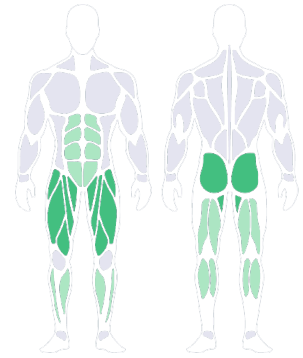
Pause for a count of one.

In an explosive movement, drive down through your heels pushing yourself up of the floor with your quads.

At the same time extend our arms out above you.

Land with your knees slightly bent to absorb the impact.

Repeat



Lying Leg Raises / Lifts

Primary muscle group(s):

Abs

Secondary:

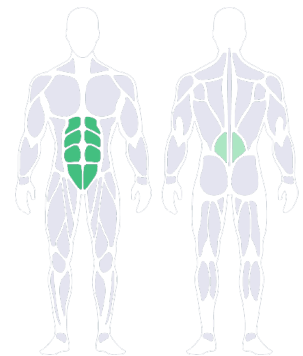
Lower Back

Lie on your back on a mat with hands under your lower buttocks on either side to support your pelvis.

Legs straight out in front of you, ankles together and feet slightly off the floor.

Keep your knees straight and raise your legs by flexing the hips until they are completely flexed.

Return to starting position.



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.

