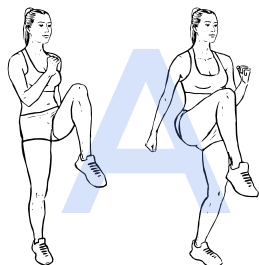


# Descent

24 min · Abs, Legs, Yoga

The exercises start out tough here, but get easier and easier. LETS GO! You're almost done!

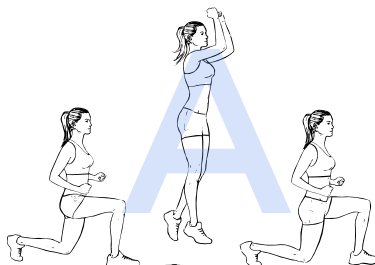
## High Knees



2 sets 30 secs

Superset A1

## Explosive Jumping Alternating Lunges

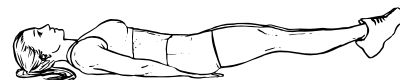


no rest

2 sets 30 secs

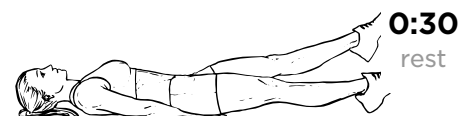
Superset A2 · 5 reps per leg, 10 reps in total. You've got this!

## Flutter Kicks



0:30

rest



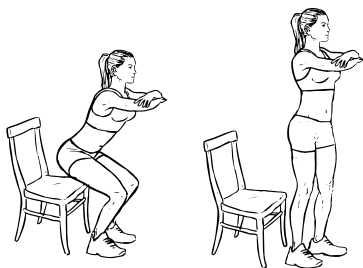
0:30

rest

20 reps

Again, shoot for 10 reps per leg. You're at the mountain's peak, on top of the world!

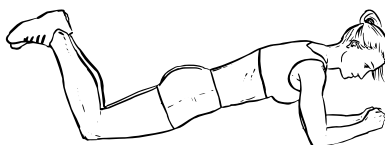
## Chair Squats



10 reps

The famous chair squats, don't worry, we're removing the chair soon.

## Knee Plank



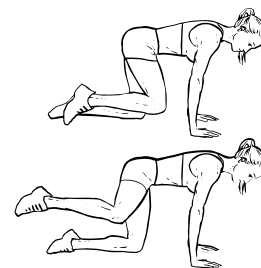
0:30

rest

20 secs

Hold it steady, focus on form: keep that back straight.

## Adductor Knee Raises



0:30

rest

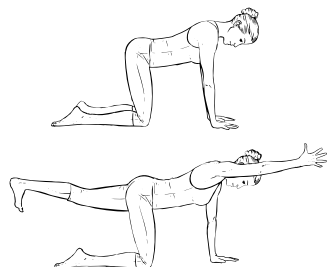
0:30

rest

20 reps

Smash out 10 raises per leg, and then get some water!

## Balancing Table · Dandayamna Bharmanasana



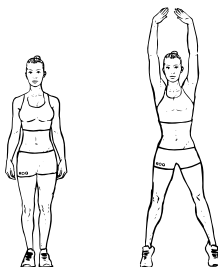
0:30

rest

20 breaths

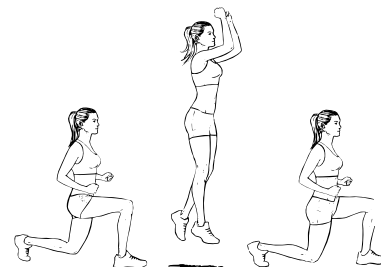
Draw belly toward spine · Broaden shoulder blades · Flex top foot · Keep top leg, torso and top arm in one line

## Jumping Jacks



60 secs

## Explosive Jumping Alternating Lunges



0:30

rest

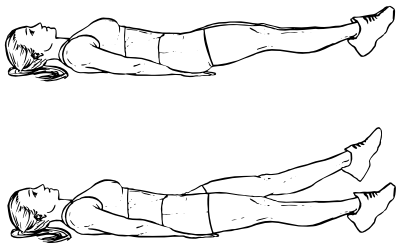
0:30

rest

10 reps

10 more reps in total :D

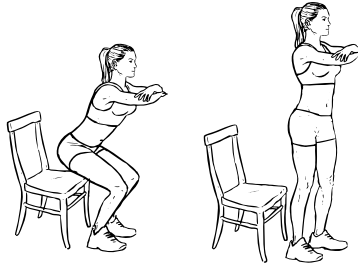
### Flutter Kicks



**20 reps**

Again, shoot for 10 reps per leg.

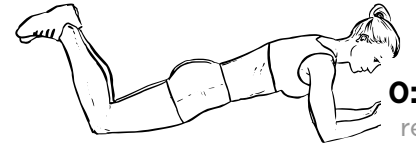
### Chair Squats



**10 reps**

Let's ditch the chair next week?

### Knee Plank



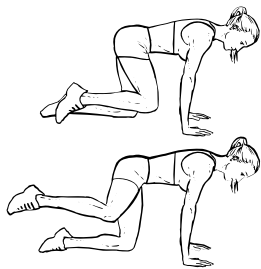
**0:30**  
rest

**0:30**  
rest

**20 secs**

Keep yourself upright!

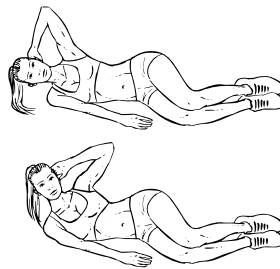
### Adductor Knee Raises



**20 reps**

You're so close!

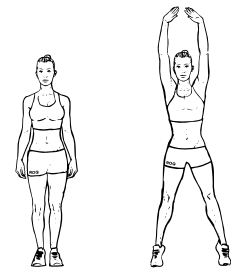
### Oblique Crunches



**15 reps**

15/side

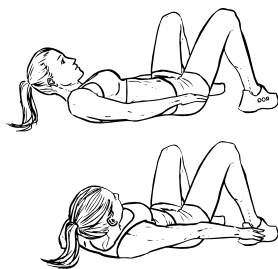
### Jumping Jacks



**2:00**  
rest

**60 secs**

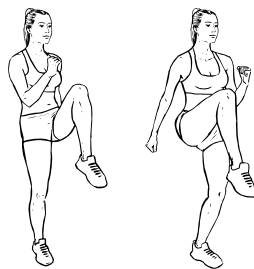
### Alternate Heel Touchers



**20 reps**

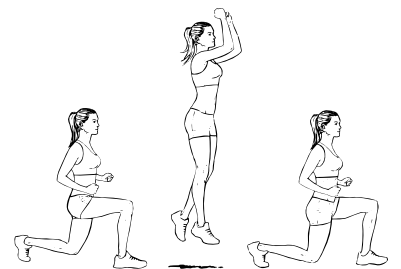
Almost there, just one more exercise to go.

### High Knees



**30 secs**

### Explosive Jumping Alternating Lunges



**no**  
rest

**30 secs**

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

Primary muscle group(s):

**Abs**

Secondary:

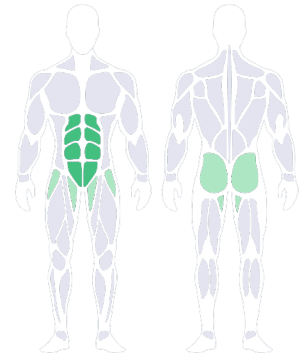
**Glutes & Hip Flexors**

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!



## Explosive Jumping Alternating Lunges

Primary muscle group(s):

**Hamstrings, Quadriceps**

Secondary:

**Abs, Calves, Glutes & Hip Flexors**

Stand straight with a tight core and your chest up.

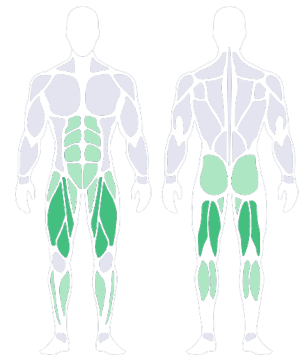
You will be in a classic lunge position. Step forward and be sure to keep your front knee bent. At the same time, extend the back leg.

Your back knee should be slightly bent.

Place your hands on your hips. If you want a challenge, place them straight above the head.

Using all of your force, jump into the air. Simultaneously, switch your leg stance in midair.

Land in the lunge position and repeat.



## Flutter Kicks

Primary muscle group(s):

**Abs**

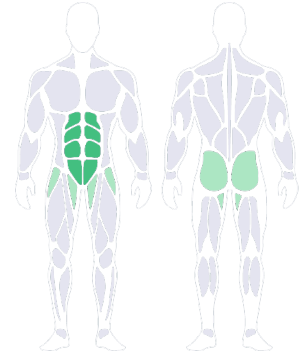
Secondary:

**Glutes & Hip Flexors**

Lie on a mat with your hands under your buttocks and raise your legs slightly, keeping knees straight and ankles together.

Keep abs engaged and perform short kicks in an alternating fashion.

Repeat as needed and then lower legs to the ground.



## Chair Squats

Primary muscle group(s):

**Glutes & Hip Flexors, Quadriceps**

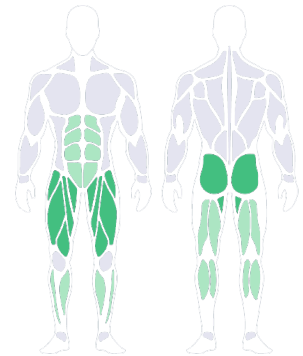
Secondary:

**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**

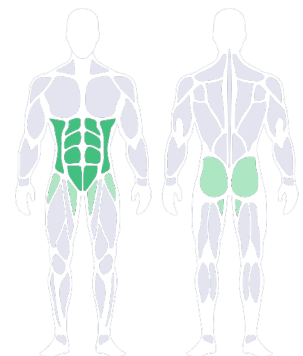
Secondary:

**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.



## 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.

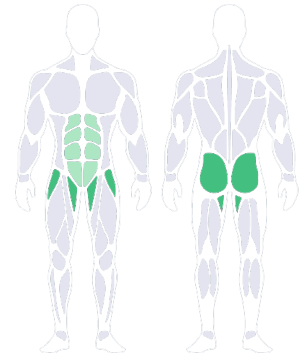
Try to relax your core so that your back and abs are in a natural position.

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.



## Balancing Table

Primary muscle group(s):

**Abs, Spine**

Secondary:

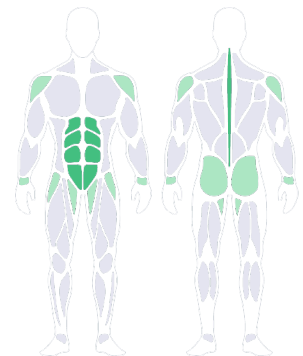
**Glutes & Hip Flexors, Shoulders, Wrists**

Begin on all fours. Bring your wrists directly under your shoulders and knees under your hips. Bring your head to a neutral position.

Stretch your right leg back with an inhale. Bring it parallel to the floor. Flex the foot.

Reach your left arm forward with an inhale. Bring it parallel to the floor.

Balance here for one or more slow, deep breaths. Lower with an exhale. Change sides and repeat.



## 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.

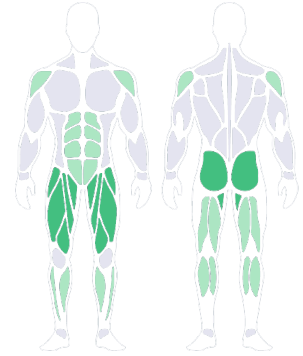
Bend your knees slightly then straighten and push through the balls of your feet while straightening your knees to jump up spreading your legs to wider than hip width apart.

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.



## Explosive Jumping Alternating Lunges

Primary muscle group(s):

**Hamstrings, Quadriceps**

Secondary:

**Abs, Calves, Glutes & Hip Flexors**

Stand straight with a tight core and your chest up.

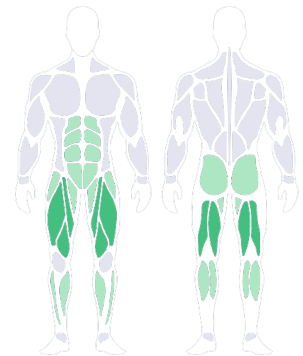
You will be in a classic lunge position. Step forward and be sure to keep your front knee bent. At the same time, extend the back leg.

Your back knee should be slightly bent.

Place your hands on your hips. If you want a challenge, place them straight above the head.

Using all of your force, jump into the air. Simultaneously, switch your leg stance in midair.

Land in the lunge position and repeat.



## Flutter Kicks

Primary muscle group(s):

**Abs**

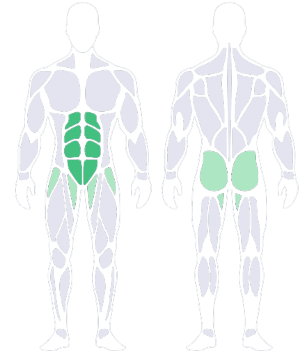
Secondary:

**Glutes & Hip Flexors**

Lie on a mat with your hands under your buttocks and raise your legs slightly, keeping knees straight and ankles together.

Keep abs engaged and perform short kicks in an alternating fashion.

Repeat as needed and then lower legs to the ground.



## Chair Squats

Primary muscle group(s):

**Glutes & Hip Flexors, Quadriceps**

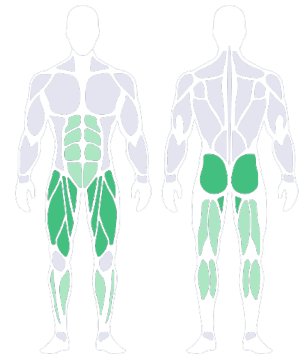
Secondary:

**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**

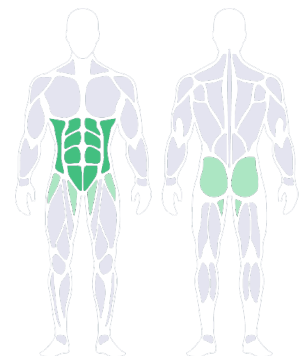
Secondary:

**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.



## 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.

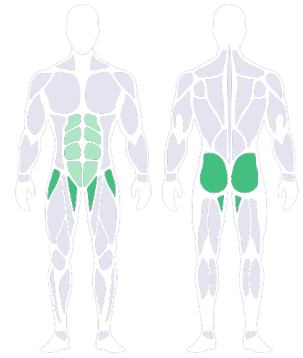
Try to relax your core so that your back and abs are in a natural position.

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.



## Side / Oblique Crunches

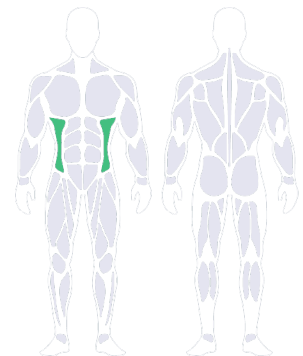
Primary muscle group(s):

**Obliques**

Lie on a padded surface on your left side. Stack your legs and bring your right hand behind your head. Lie your left arm in front of you or across your body. Brace your core.

Pulling from the obliques, bring your elbow up and towards your feet. Do NOT pull yourself with your hand.

Pause and feel the contraction in your obliques then slowly return to the starting position.





## 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.

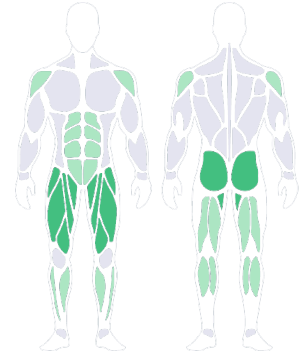
Bend your knees slightly then straighten and push through the balls of your feet while straightening your knees to jump up spreading your legs to wider than hip width apart.

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.



## Alternate Heel Touchers / Lying Oblique Reach

Primary muscle group(s):

**Obliques**

Secondary:

**Abs**

Lie on an exercise mat, with your back flat, knees bent and your feet flat on the floor slightly wider than shoulder width apart.

Fully extend your arms down the side of your body, palms facing in. This is the start position.

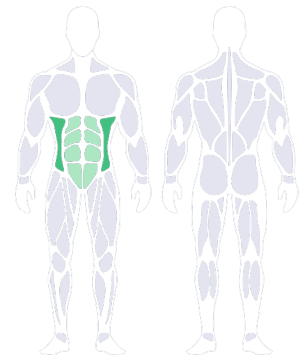
Exhaling, crunch your torso forward and to the right until you can touch your right heel with your right hand. Hold for a count of one.

return to the starting position smooth motion, inhaling as you do so.

Repeat the movement, this time to your left side.

When you have completed the movement on both sides, you have done one repetition.

Repeat.



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

Primary muscle group(s):

**Abs**

Secondary:

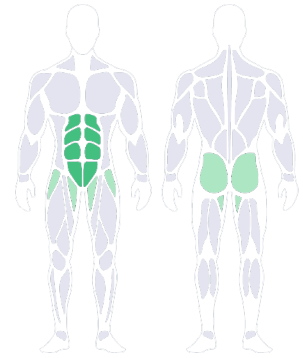
**Glutes & Hip Flexors**

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!



## Explosive Jumping Alternating Lunges

Primary muscle group(s):

**Hamstrings, Quadriceps**

Secondary:

**Abs, Calves, Glutes & Hip Flexors**

Stand straight with a tight core and your chest up.

You will be in a classic lunge position. Step forward and be sure to keep your front knee bent. At the same time, extend the back leg.

Your back knee should be slightly bent.

Place your hands on your hips. If you want a challenge, place them straight above the head.

Using all of your force, jump into the air. Simultaneously, switch your leg stance in midair.

Land in the lunge position and repeat.

