

WORKOUT 6



Format: Work individually or with a partner but can both go at the same time

Duration: 4 mins each exercise. 20 seconds of work 10 sec rest. 8 times

Then move onto next exercise. 4 exercises in total therefore 16 minute workout

Exercise 1 – Air Squat Exercise 2 – Press Ups off Knees

Exercise 3 – Sit Ups Exercise 4 – Mountain Climbers

Squat

- Feet shoulder width
- Back straight
- Knees track toes
- Hips pass below knees
- Keep chest up
- Look straight ahead

Sit up

- Lie flat on back
- Knees bent, feet flat on floor
- Extend arms above head
- Sit up and touch toes. Repeat

Mountain Climbers

- Set up in top press up position
- Feet shoulder width apart, back straight like a plank of wood, arms locked out and directly under shoulders
- Bend right knee up to right elbow and then back to starting position
- Repeat on left side
- Repeat this process as quickly as possible 10 times (5 each side)

Press Up

- Begin on your hands and knees with your hands underneath your shoulders but slightly wider than your shoulders.
- Come onto the balls of your feet and the heels of your hands, and then walk the feet back until you're in the plank position. Keep your hips lifted to avoid the lower back bowing so the belly sags towards the ground.
- Begin to bend your elbows, lowering your body in one solid piece down towards the floor. Your elbows will bend out to the side, not behind you.
- Keep your abdominal and leg muscles engaged throughout the entire movement. Your head should stay in line with your spine; not droop.
- Lower yourself down until your chest is about an inch or two from the ground and then slowly push yourself back up to the starting position. Push through the heels of your hands in order to return to the starting position.

