

1. ROMANIAN DEADLIFT



EQUIPMENT / SET-UP:

Dumbbell pairs – 10 lb, 20 lb

INSTRUCTIONS:

Keep back flat
Hinge hips back as you lower the weights straight down
Squeeze glutes and drive hips forward as you stand up



LOWER INTENSITY

Lighter weights

Limit range of motion, only lower part-way

HIGHER INTENSITY

Heavier weight

2. SIDE-LYING LEG RAISE*



EQUIPMENT / SET-UP:

Floor mat

Light and medium band loops

INSTRUCTIONS:

Lie on your side with hips rolled forward slightly

Line up top toe with back heel

Lift top leg up

Hold 5 sec

**Switch at halfway beep*



LOWER INTENSITY

HIGHER INTENSITY

Add band around knees

3. FRONT PLANK



EQUIPMENT / SET-UP:

Floor mat

INSTRUCTIONS:

Keep shoulders and hips level
Draw in lower abdominals



LOWER INTENSITY

Drop knees to floor

HIGHER INTENSITY

4. GRID JUMPS DOUBLE LEG



EQUIPMENT / SET-UP:

Tape "+" on floor

INSTRUCTIONS:

Hop through all four squares
Stay light on your feet

**Switch directions at halfway beep*



LOWER INTENSITY

Quick steps forward and back, then side to side
**switch at the halfway beep*

HIGHER INTENSITY

5. AIRPLANE*



EQUIPMENT / SET-UP:

Dowel or sturdy table for hand-support

INSTRUCTIONS:

On one leg: hinge forward at the hip
Rotate pelvis open 45 degrees
Return to neutral then rotate pelvis closed 10 degrees
Return upright

**Switch legs at halfway beep*



LOWER INTENSITY

Use hand support to stabilize

HIGHER INTENSITY

6. SIDE PLANK HIP DIP*



EQUIPMENT / SET-UP:

Floor mat

INSTRUCTIONS:

Lie on your side with knees bent, feet tucked behind

Lift hips, hold 5 sec.

Drop halfway down, repeat

**Switch sides at halfway beep*



LOWER INTENSITY

Same position as above

Hold 10-20 sec, then lower and rest 5 sec

Repeat

HIGHER INTENSITY

Lift top leg

7. Squat Pulses + reaches



EQUIPMENT / SET-UP:

5 lb dumbbell set

INSTRUCTIONS:

Squat and pulse:

5x neutral

5x right hand reaching out in front

5x left hand reaching out in front



LOWER INTENSITY

Body weight squat without pulses

Shallower squat

HIGHER INTENSITY

Deeper squat, return only halfway up before going back down for pulses

8. BALANCE EYES CLOSED *



EQUIPMENT / SET-UP:

INSTRUCTIONS:

Stand on one leg with hands on hips
Close eyes

**Switch sides at halfway beep*



LOWER INTENSITY

Heel-to-toe or staggered stance

HIGHER INTENSITY

9. SPLIT SQUAT REAR FOOT ELEV.



EQUIPMENT / SET-UP:

Chair, bench or step to rest back foot on
15 & 25 lb single dumbbells or kettlebells

INSTRUCTIONS:

Stand one step in front of a box or bench
Keep weight on the front foot, back foot up on box/bench
Squat down and hinge hips back

**Switch sides at halfway beep*



LOWER INTENSITY

Use dowel for hand-support

Shallower squat

HIGHER INTENSITY

Add weight

Deeper squat

10. STRAIGHT LEG RAISE*



EQUIPMENT / SET-UP:

Mat on floor

INSTRUCTIONS:

Lie on your back, one leg out straight and out to the side ~20 degrees, toe out

Hold opposite knee held to chest

Engage core and lift straight leg

**Switch sides at halfway beep*



LOWER INTENSITY

Bend the leg that is raised

HIGHER INTENSITY

11. BRIDGE w/ LEG EXTENSIONS



EQUIPMENT / SET-UP:

Mat on floor

INSTRUCTIONS:

Keep hips raised, extend one leg out straight

Hold 5 sec

Alternate side to side



LOWER INTENSITY

Keep both feet on the ground, unweight one leg but keep a toe touching for support

HIGHER INTENSITY

12. BROAD JUMPS



EQUIPMENT / SET-UP:

~10' stretch of floor space

INSTRUCTIONS:

Hinge hips back
Jump forward and land softly



LOWER INTENSITY

Squat, then power up to tip-toes

HIGHER INTENSITY