

Workout Wednesday

Warm-Up:

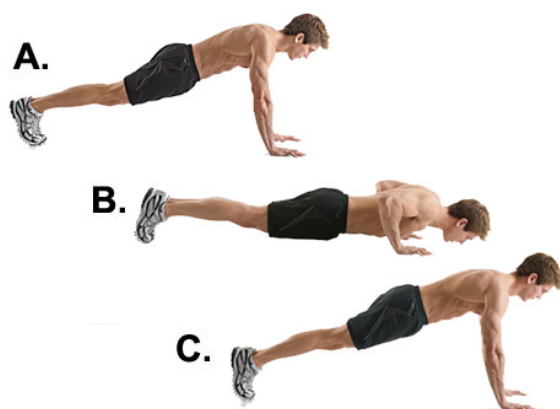
Always warm-up before any exercise!

- 20 seconds of running in place
- 20 seconds of running in place "butt-kicks"
- 20 seconds of "high-knees"
- 20 seconds of jump-rope (with or without actual jump rope, mimic the move if you don't have a jump rope)
- 10 arm circles to the front
- 10 arm circles to the back
- 20 squats
- REPEAT ONCE MORE

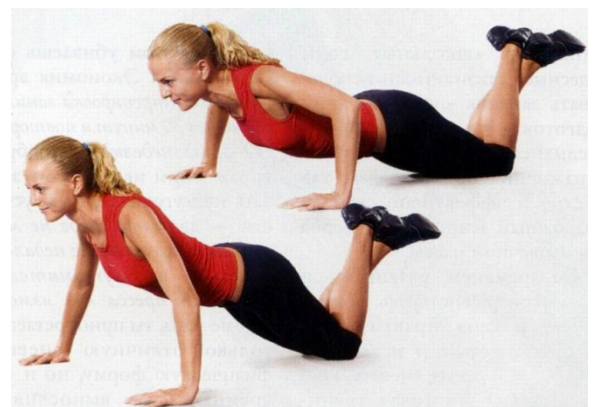
1/13/2016: The Dirty 30 (see images below each exercise; modifications are highlighted in green (easier) and pink (harder))

- 30 Push-ups on toes
 - o Perform modified push-up on your knees
- 30 alternating reverse lunges (15 for each leg) ***Keep the weight in your heel, and focus on using your hamstrings/glutes as you come back to standing**
- 30 squat jumps ***Keep your head and chest up and focus on sitting back like you would in a chair, and keep the weight in your heels! You should be able to wiggle your toes as there should be little to no weight on the balls of your feet.**
 - o Eliminate the jump and raise up on your toes
- 30 straight leg raises
 - o Go slow, bend your knees to take pressure off your back
 - o Do standard crunches (if you can't lift your legs)
 - o Do standing side to side crunches (if unable to lay on floor)
- Rest as needed between move, but try to complete each move right after one another
- Rest after the entire set for 1 minute and repeat 2 more times

Regular Push-up:



Modified Push-up on knees:



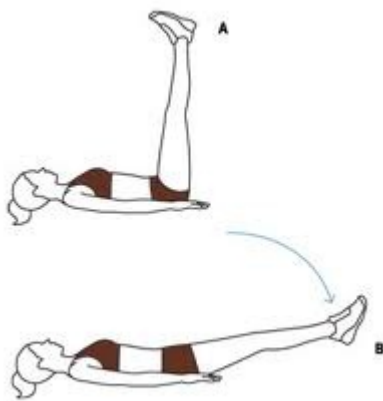
Reverse Lunge:



Squat Jump:



Straight Leg Raise:



Standard Crunch:



Standing Side to Side Crunch: