**F/S - STRENGTH DAY - #1**

Find a comfortable place in your house or yard to do this work out.

Have water with you and take the breaks you need.

The entire workout should take between 20 – 30 mins depending on your fitness level.

The page following this one has explanations of how to do exercises. During Pus if you need to go on your knees, just remember to keep your hips forward to get the most out of them!

***JOG IN PLACE for 1 min***

**15 Push Ups 20 Full Sit Ups 10 TD Squats**

***ACTIVE RECOVERY - 50 JUMPING JACKS – TOUCH HANDS OVER HEAD***

**16 Commando PU’s 20 Alt Leg Raises** *(R/L=1)* **20 Lunges**

***ACTIVE RECOVERY HIGH KNEES 50 REPS – R/L = 1 rep***

**10 Toe Touch Push Ups 20 Russian Twists** *(R/L=1)* **25 BW Squats**

***ACTIVE RECOVERY BUTT KICKERS 50 REPS – R/L = 1 rep***

**10 Dynamic Push Ups 20 Crunches 15 TD Squats**

***ACTIVE RECOVERY 50 JUMPING JACKS – TOUCH HANDS OVER HEAD***

**16 Rotating Push Ups 30 Leg Scissors 10/10 Side Lunges**

***ACTIVE RECOVERY*** ***HIGH KNEES 50 REPS – R/L = 1 rep***

**10 Perfect Push Ups 20 Full Sit Ups 10/10 Skaters**

***ACTIVE RECOVERY BUTT KICKERS 50 REPS – R/L = 1 rep***

**13 PU’s Any type 20’s SU Any Type 20 SQ’s Any Type**

**YOUR DONE – Hydrate and stretch out! GREAT JOB EVERYONE!!!!**

**HOW TO DO THE VARIOUS EXERCISES**

**PUSH UP EXPLANATIONS**

* **Commando PUS** – In Plank , Elbow to Elbow to Hand to Hand = 1
* **Toe Touch PU’s –** Push Up then reach back touch opposite foot
* **Dynamic PU’s –** Push up coming off ground with hands, clap or just off ground
* **Rotating PU’s –** Push up the raise one hand to side plank, down then do other side
* **Hand release PUS -**  Push Up then go down to floor and lift hands off floor then do another PU

**SQUAT EXPLANATIONS**

* **TD Squats**  – BW Squat but when you squat touch floor with finger tips then jump
* **Lunges –** feet together step out with R leg bring back knee to floor, switch
* **BW –** Body wt squats
* **Side Lunges –** Feet together, step out to the side and squat down
* **Skaters –** Same as above but jump from side to side balancing on the landing foot

**CORE EXPLANATIONS**

* **Full SU**  – Knuckles touch floor behind head, then touch between feet
* **Alt Leg Raises -**  On your back, lift L-leg and R-hand touch high, lower, then do other side
* **Russian Twists -**  feet off ground leaning back, turn shoulders and try to touch ground on the sides as you rotate
* **Crunches –** Hands on opposite shoulders, raise your shoulder blades off ground
* **Leg Scissors –** Lift legs off ground about 6-8inches, then cross them, go wide, cross again

**STRECH & RELAXATION DAY**

**THE WALL STRETCH**

Find a wall with open floor space around it where you can make a snow angel ( a bent one ;) ) and not touch anything! Also, the “Yoga Workout” station on Pandora is a great one to listen to when doing this stretch! Total stretch takes 25 – 35 minutes – ENJOY!!!

5 mins **Wall Stretch -**Legs up the wall, butt as close to wall as possible, Keep legs long for 5 mins

15 **Toe Touches -**

1 min **Horizontal shins** – Slide feet down wall so shins are horizontal to floor, Keep butt to wall

1 min **Hip Stretch R** –Put right ankle on left knee

1 min **Hip Stretch L** – Switch to other side

1 min **Horizontal Shins**– slide hips out so thigh spoint to ceiling

15 **Crunches** – hands on opposite shoulders, bring shoulder blades off ground

1 min **Hip Crossover to the Left** – left foot on ground, right ankle left knee, lay left leg to outside

1 min **Hip Crossover to the Right** – switch sides

12 **Hip Rollbacks** – put both feet on ground at wall, bring knees over chest reach feet behind head

to ground

1 min **Frog –** Put soles of feet together and let knees fall to outside

1 min **Supine Diva R -** Leave left leg still, flip right leg over so R-ft is by your butt, put L heel on R knee

1 min **Supine Diva L** – Switch sides

1 min **Frog –** Put soles of feet together and let knees fall to outside

12 **Frog Bridges** – Stay in frog, keep knees wide and lift hips high then back to ground, repeat 12xs

1 min **Hand Presses** – Extend legs and lay them flat, Arms straight out to side, press back of hands into ground hold 2 counts relax, repeat for 1 min

1 min **Clappers** – Same starting position, bring hands together over chest and press together 2 counts then return to floor & repeat

1 min **Arm Circles** – Interlace fingers palms away overhead, take hands from floor to hips in wide arc and repeat

1 min **Scorpion** – Flip over and do a Frog on your tummy

1 min **Scorpion Presses** – press soles of feet together hold 2 counts release pressure, repeat

1 min **Scorpion Rollouts** – roll legs to outside of thighs and back

1 min **Childs Pose** – Knees together, push hips back onto heels, lay chest on thighs/floor and walk fingers away from body

1 min **Plank** – Move your body out to an extended or high plank, log arms like the top of a PU

1 min **Childs pose**

1 min **Downward Dog –** Keep hands on ground and raise hips high, push chest back to thighs

1 min **Forward Fold** – walk hands back to feet and let the body just hang

Roll up to mountain pose

8 **Squats**

5-8 mins Lay down and turn lights out for relaxation time