

21 DAYS TO CREATE A HABIT

**CALENDAR &
EXERCISE
CATALOGUE**



21 DAYS TO CREATE A HABIT

DISCLAIMER

Please consult your physician before starting any exercise programs. Go at your own intensity and listen to your body. Stop immediately if you feel faint or any pains. The listed workouts are examples only and may not be suitable for everyone. Ask the fitness centre staff if you have any questions on the exercises or for alternatives.

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21 DAYS TO CREATE A HABIT

CHALLENGE CALENDAR

MARCH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8 Day 1 Exercise: _____	9 Day 2 Exercise: _____	10 Day 3 Exercise: _____	11 Day 4 Exercise: _____	12 Day 5 Exercise: _____	13 Day 6 Exercise: _____
14 Day 7 Exercise: _____	15 Day 8 Exercise: _____	16 Day 9 Exercise: _____	17 Day 10 Exercise: _____	18 Day 11 Exercise: _____	19 Day 12 Exercise: _____	20 Day 13 Exercise: _____
21 Day 14 Exercise: _____	22 Day 15 Exercise: _____	23 Day 16 Exercise: _____	24 Day 17 Exercise: _____	25 Day 18 Exercise: _____	26 Day 19 Exercise: _____	27 Day 20 Exercise: _____
28 Day 21 Exercise: _____	29	30	31			



Why?

Most current psychological research says that when forming or changing a habit completely, it takes anywhere from 66 to 180 days depending on the complexity of the habit. The theory of the 21 days to change a habit comes from the concept of detox. In order to remove toxins from the body, one must abstain for at least 3 weeks to ensure the absolute removal of those toxins. This concept has been transferred to many other areas since then, including the fitness industry. In honor of this old wives' tale we are running a challenge for 21 days to kickstart your fitness and to give you that stepping stone towards forming a new healthy habit of your own.

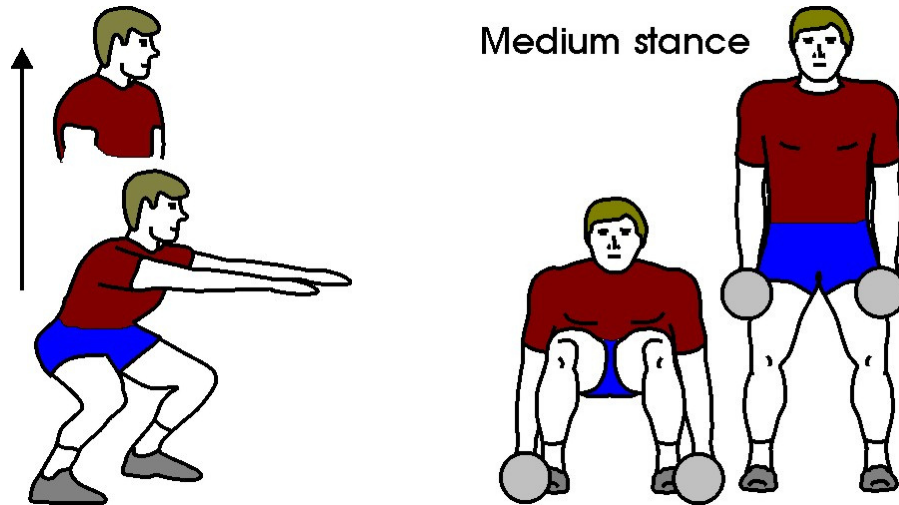
What do I have to do to be a part of the challenge?

Pick one exercise every day for 21 days and complete it. Each exercise will come with instructions on how to do it, how many reps, and how many sets. You can do just the one exercise or you can add it into your own workout for that particular day. Once you have completed the exercise for the day mark it complete on your challenge calendar by writing the exercise on the date completed. This is a for fun challenge you can complete on your own. The sample calendar provided begins March 8th, but you can adjust the start date to whenever you like.



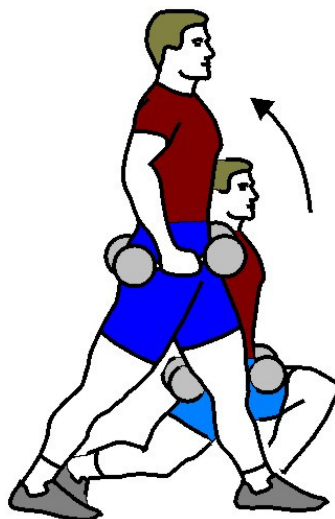
Squat

Description: Stand with your feet hip width apart. Look forward and relax your shoulders. Hands can be relaxed down by torso (Easiest), or straight out in front at shoulder height, or straight up above head, or one to two dumbbells can be added for additional load (Most Difficult: Dumbbells can be down at sides, resting on shoulders, or one can be held at chest height with both hands). Engage your abdominal muscles as you slowly send your hips back. Bend your knees at the same time to lower towards a 90 degree bend in the legs. At the bottom your back should be straight. This means that your bum is not curling under your torso and your chest is not rolling down. Pause for a brief moment at the bottom before squeezing your glutes (bum muscles) and pushing down through your heels to bring your hips forward and up back to standing position. Repeat until all reps are completed. 8-10 reps for beginners, 10-15 for intermediates, 16-20 for more experienced. 3-4 Sets



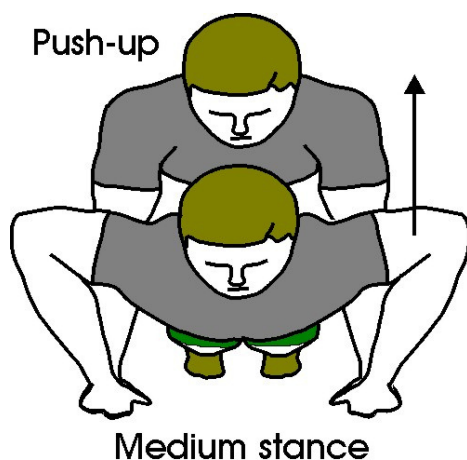
Lunge

Description: Stand with your feet hip width apart. Look forward and relax your shoulders. Take a large step directly forward while keeping the distance between your feet (Don't step in and stack feet). Front foot should be flat on the floor while the back foot is up on the toes. Squeeze your glute muscles so that your hips both face forward and your bum is tucked underneath your torso (Stack your spine). Straighten torso up (Don't lean forward). Engage your abdominal muscles for support and slowly start to bend both knees. Lower as much as you are able or until your back knee is hovering an inch above the floor. Pause for a moment before slowly coming up. To come up, push evenly through both legs. Once at the top of the movement step the front leg backwards to return to the standing position. Repeat on the other leg until all reps are completed. 8-10 reps on each side for beginners, 10-15 on each side for intermediates, 16-20 on each side for more experienced. 3-4 Sets



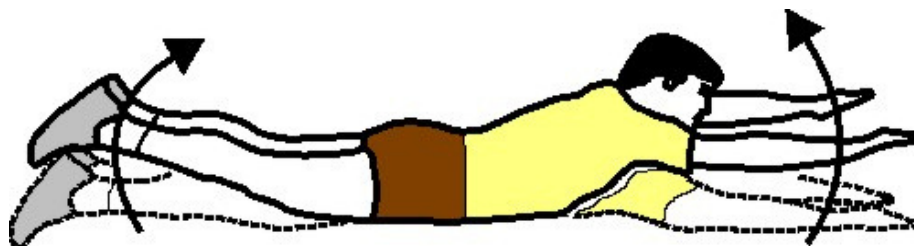
Push Up

Description: On the ground (Most difficult), or against the wall/countertop (Easiest), or on a chair/bench place hands shoulder width apart underneath shoulder joint (Or just below shoulder height if you are against the wall). If against a wall then walk feet out until the body has created a small angle (about 30 degrees) and the body is flat (Bum should be in line with the body) to create a plank position. If on the floor extend legs, tuck under toes (Can also be done from the knees instead), engage abdominal muscles, and lift the mid body up to create a long flat body with hands directly underneath shoulders. Squeeze glute muscles to pull hips down if your body is creating a pyramid. Look in the center a few inches above your finger tips to avoid neck strain. Slowly bend elbows to lower the body down towards the floor. As you are moving pull shoulder blades down and together to create a long neck. Lower until as much as you are able or until your chest is hovering a few inches above the ground. Pause for a moment before pushing down through your hands, squeezing your abs in, pulling shoulders down away from your ears, and extending arms to straight. At the top of the movement pause before repeating until all reps are completed. 8-10 reps for beginners, 10-15 for intermediates, 16-20 for more experienced. 3-4 Sets



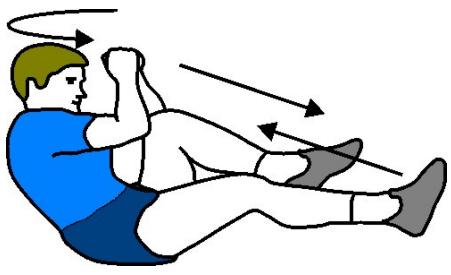
Back Extension

Description: Lay on the ground on your stomach. Hands can be beside your torso (Easiest), beside your chest and underneath your shoulders, straight out in front of you (Most difficult), or behind your head. Look down at the ground, relax your neck and pull your shoulders down and back. Engage your abdominal muscles for support. Slowly lift your torso and arms off the ground by engaging your glutes and back muscles. Think about trying to lift the upper body as if it is unbendable. Lift all the way to your hips; not just the upper chest. For the basic back extension leave your feet on the ground. To make the exercise more difficult lift the feet and squeeze the legs together when you lift your torso. Pause at the top of the movement before slowly releasing down to the ground. Repeat until all reps are completed. 8-10 reps for beginners, 10-15 for intermediates, 16-20 for more experienced. 3-4 Sets



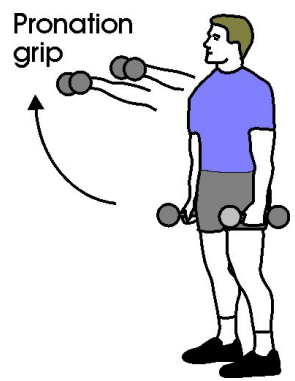
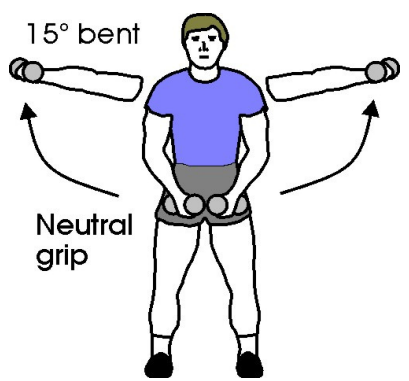
Bicycle Crunch

Description: Lay on the ground on your back. Place your hands behind your head and create a basket to cradle the head. Engage your abdominal muscles by trying to pull the ribs and the top of your hip bones flat and towards each other. This will create a contraction and pressure. This pressure is a good pressure. It is a force pulling the abdominal muscles down towards the ground creating a straight spine. (To test if they are contracting properly then place a hand under the small curve in your back. Engage the abdominals by pulling the ribs and hips flat and towards each other with your hand still in the small of your back. You should feel your back pressing down, flattening this curve against the floor and your hand. You will want to keep this pressure as you do the exercise.) Slowly lift your legs to bent 90 degree positions in the air with your knees directly above your hips. Keep the pressure in the abdominal muscles. Slowly lift your head and shoulder blades off the ground to hover. Keep your elbow wide and think of reaching with your rib cage and not your elbows. Extend one leg out as you reach the opposite side's rib cage up and across to touch elbow to knee. Pause for a brief moment then alternate by extending the other leg, twisting the torso, and lifting the other side's rib cage up and towards the opposite knee. To make the exercise less difficult extend your legs up towards the ceiling with only a small angle away from the body. If you are looking to increase the intensity then extend the leg out and down towards the ground letting it hover an inch above the ground. Repeat until all reps are completed. If you feel pain in your low back, it means that your abdominal muscles are not being able to keep up with the difficulty that you have selected and the back is compensating. Try making the exercise less difficult. If it continues then stop the exercise. 8-10 reps on each side for beginners, 10-15 on each side for intermediates, 16-20 on each side for more experienced. 3-4 Sets



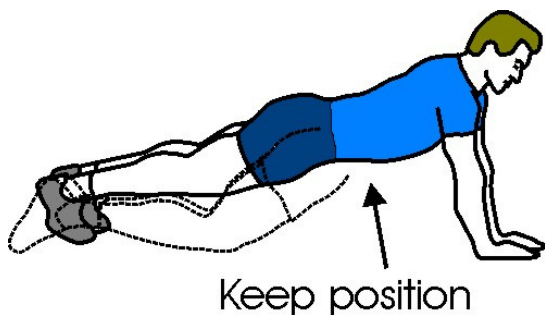
Lateral Raise into Front Arm Lower and Reverse

Description: Stand with your feet hip width apart with your knees soft. Look forward and relax your shoulders. Hold a small to medium sized dumbbell in each hand down by your sides. Turn your hands so that your thumbs are pointing up towards the ceiling and your palms are facing forward. Engage your abdominals and squeeze your glutes to support the movement. Lift the dumbbells up slowly to the sides stopping at shoulder height. Keep pulling your shoulders down and back to keep the neck long. Hesitate before squeezing the arm towards each other in front of your body, keeping the height. Stop when each dumbbell is directly in front of each shoulder joint. Hesitate before slowly lowering the dumbbells down in front of you back to your sides. Lift dumbbells up in the opposite direction. Lift forward first with each dumbbell stopping at shoulder height in front of you. Hesitate before squeezing the arms back out to the sides. Hesitate before returning to the starting position. Repeat until all reps are completed. 8-10 reps for beginners, 10-15 for intermediates, 16-20 for more experienced. 3-4 Sets



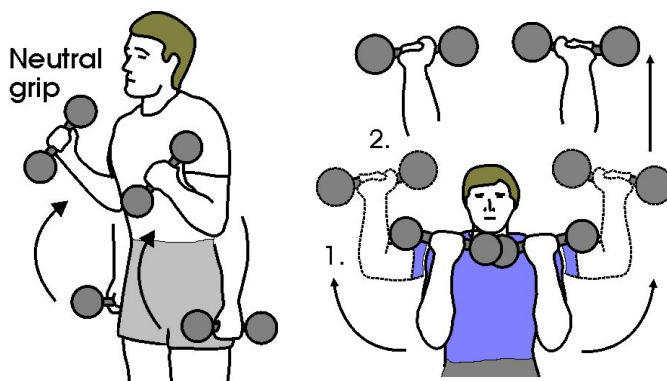
Plank

Description: Get on the floor on your hands and knees creating a table top position. Relax the shoulders down and back away from the ears to create a long neck. Engage your abdominal muscles by trying to pull the ribs and the top of your hip bones flat and towards each other. This will create a contraction and pressure. This pressure is a good pressure. It is a force pulling the abdominal muscles down towards the ceiling creating a straight spine. Slowly walk your hands out without moving your knees. As you walk the hands out squeeze your glutes to bring your hips down towards the ground. When your body creates a straight line and your wrists are directly under your shoulder joints then stop walking the arms forward. Hold this position. Think about squeezing the muscles surrounding your hips as if you were trying to move the sides of your hips closer together. Continue squeezing your shoulder blades down away from your ears. If this feels easy then extend your legs, one at a time and tuck under the toes. Keep the straight body position. Hold until the time is up. If you feel pain in your low back then you have lost the pressure of our abdominal muscles pulling in. This means that your abdominal muscles are not being able to keep up with the difficulty that you have selected and the back is compensating. Try making the exercise less difficult. If it continues then stop the exercise. 30 Seconds for beginners, 45 Seconds for intermediates, and 1 minute for experienced. 3-4 Sets.



Arnold Press

Description: Stand with your feet hip width apart with your knees soft. Look forward and relax your shoulders. Hold a medium to large sized dumbbell in each hand down by your sides. Turn your hands so that your palms are facing towards each other, your thumbs are pointing up towards the ceiling, and your hands are in front of your body. Engage your abdominals and squeeze your glutes to support the movement. Keeping the elbows back and bending at the elbow lift the dumbbells up slowly to the front stopping at shoulder height. Keep pulling your shoulders down and back to keep the neck long. Push the dumbbells directly up and overhead by extending the arms straight. Keep the abdominal muscles tight and the ribs pulling down to avoid low back pain and arching of the lower back. At the top pause before slowly controlling the dumbbells down to the bent biceps curl position. Hesitate. Keep the elbows locked to your sides. Slowly lower the dumbbells back to the starting position. Repeat until all reps are completed. 8-10 reps for beginners, 10-15 for intermediates, 16-20 for more experienced. 3-4 Sets



Prisoner Squat

Description: Stand with your feet hip width apart. Look forward and relax your shoulders. Hands can be relaxed down by torso (Easiest), or straight out in front at shoulder height, or traditionally behind the head. One to two dumbbells can be added for additional load (Most Difficult: Dumbbells can be down at sides, resting on shoulders, or one can be held at chest height with both hands). Engage your abdominal muscles as you slowly send your hips back. Bend your knees at the same time to lower towards a 90 degree bend in the legs. At the bottom your back should be straight. This means that your bum is not curling under your torso and your chest is not rolling down. Pause for a brief moment at the bottom. From the squat bottom shift your weight to bend and lower your body so that one knee is on the ground and the other leg is bent at 90 degrees in front with the foot flat on the ground. Swing the other leg under and through so that you are now on both knees. Squeeze your glutes and engage your abdominal muscles to straighten your torso upright. Swing the opposite leg under and forward so that this leg is now bent at 90 degrees and the foot is flat on the floor. Make sure that both hips are facing forward. Tuck under your toes on the back leg. Push down evenly through the legs and lift the back knee off the ground. Step the back leg forward to be hip width apart, stay low, lean slightly forward to find the bottom of the squat position. Pause for a moment before squeezing your glutes (bum muscles) and pushing down through your heels to bring your hips forward and up back to standing position. Repeat until all reps are completed. 8-10 reps for beginners, 10-15 for intermediates, 16-20 for more experienced. 3-4 Sets

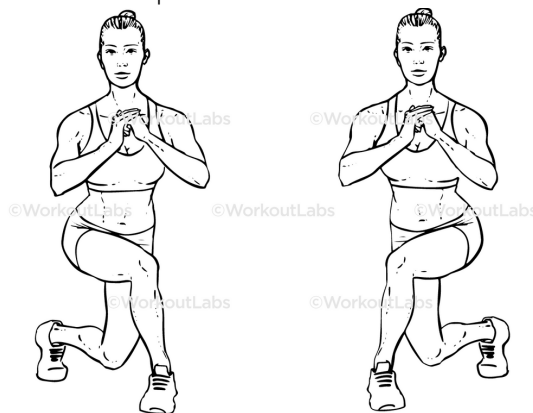


(Photo Courtesy of www.workoutlabs.com)

WorkoutLabs.com

Alternating Curtsy Lunges

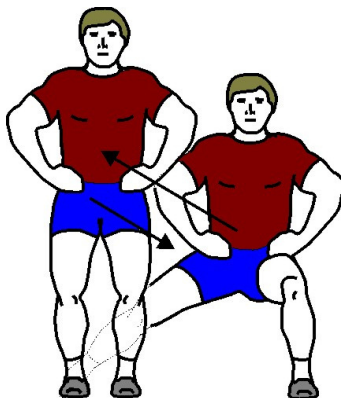
Description: Stand with your feet hip width apart. Look forward and relax your shoulders. Step directly behind as if you were going to step into a regular lunge but continue to slightly cross over the line of the other foot. Front foot should be flat on the floor while the back foot is up on the toes. Squeeze your glute muscles so that your hips both face forward and your bum is tucked underneath your torso (Stack your spine). Straighten torso up (Don't lean forward). Engage your abdominal muscles for support and slowly start to bend both knees. Lower as much as you are able or until your back knee is hovering an inch above the floor. Try not to drop the inside (Back leg hip). Pause for a moment before slowly coming up. To come up, push evenly through both legs. Once at the top of the movement step the back leg forwards to return to the standing position. Repeat on the other leg until all reps are completed. 8-10 reps for beginners, 10-15 for intermediates, 16-20 for more experienced. 3-4 Sets



(Photo Courtesy of www.workoutlabs.com)

Side Lunge to Balance

Description: Stand with your feet hip width apart. Look forward and relax your shoulders. Take a large step directly to the right to create a pyramid-like shape with your body. Engage your abdominal muscles for support. Slowly start to bend your right knee while keeping the left leg straight as you slowly send your hips back. This will shift your body weight over to the right and may create a stretch in the groin and legs. At the bottom your back should be straight. This means that your bum is not curling under your torso and your chest is not rolling down. Lower as much as you are able or until your right knee is bent at 90 degrees. Pause for a moment before squeezing your glutes (bum muscles) and pushing down through your right heel and through the side of your leg to bring your hips forward, up and bring the right leg back into the body. Standing balanced on the left leg with the right leg bent to 90 degrees in the air. Pause for a moment before slowly lowering the right foot down to the starting position. Repeat on the other leg until all reps are completed. 8-10 on each side reps for beginners, 10-15 on each side for intermediates, 16-20 on each side for more experienced. 3-4 Sets



Warrior Lunge Hold with Opposite Single Arm Reverse Fly

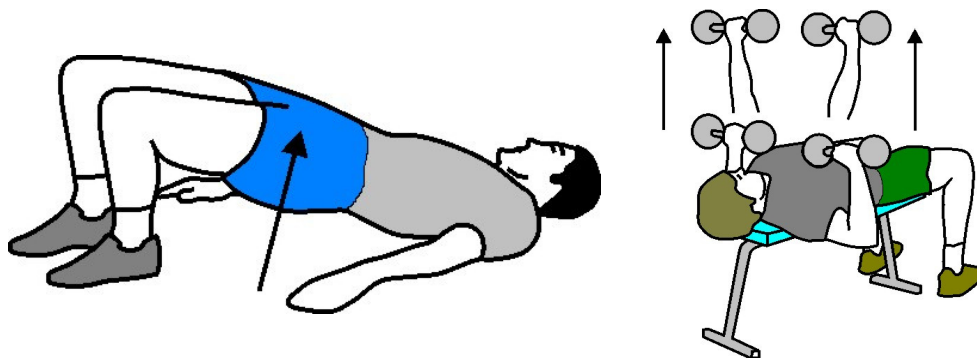
Description: Stand with your feet hip width apart. Look forward and relax your shoulders. Take a large step directly backwards while keeping the distance between your feet (Don't step in and stack feet). Front foot should be flat on the floor while the back foot is up on the toes. The front leg should aim to be bent to 90 degrees while the back leg is straight. Squeeze your glute muscles so that your hips both face forward. Lean slightly forward with your torso to create a 30 to 45 degree angle. Engage your abdominal muscles for support. Hold warrior lunge position here. One dumbbell should be in the hand opposite of the leg that is forward. Palms should be facing in towards the body. Engage your shoulder and back muscles to pull the dumbbell out to the side of the body. Keep the neck long by pulling the shoulder down and back. Stop at shoulder/back height. Resist the body's desire to move the body while lifting the arm. Hesitate at the top of the movement before slowly releasing the dumbbell back down to the side. Repeat all reps on the one arm while holding the warrior lunge position. Once all reps are completed, push evenly through both legs and step the back leg forward to the starting position. Complete on the other leg. 8-10 reps on each side for beginners, 10-15 on each side for intermediates, 16-20 on each side for more experienced. 3-4 Sets



(Photo Courtesy of www.health.com)

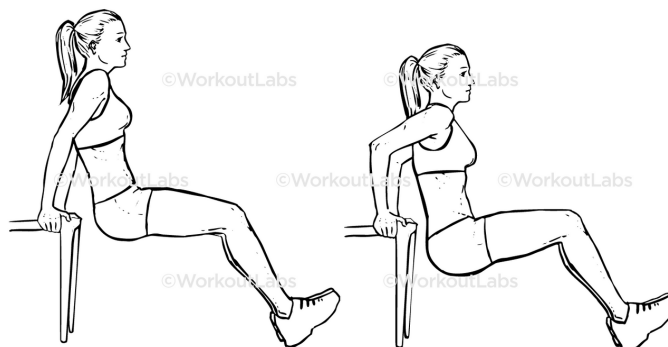
Bridge with Bench Press

Description: Lay on the floor on your back. Have dumbbells ready close to each side. Bend both legs so that feet are hip width apart close to your bum and feet are flat on the floor. Grab the dumbbells. Relax your neck while squeezing shoulder blades down and back to support the movement. Engage abdominal muscles and glutes to lift hips while pushing down through heels of feet. Remember to pull the rib cage and hip bones down and towards each other to create that abdominal pressure. At the top of the movement your feet, shoulders, neck, and head will be the only parts of your body touching the floor. Your torso, hips and thighs will create one flat line. Bring the dumbbells up above your chest with your arms straight, palms facing away from your face towards the direction that your toes point. Dumbbell ends should be touching each other. Slowly start to bend your elbow down to your sides and towards the floor. Keep the wrist moving out so that each dumbbell stops just on either side of the chest. The back of the arms will not touch the ground but hover just above it. Pause at the bottom before squeezing the chest to press the dumbbells up back to a straight arm where the dumbbells touch in the center. Keeps the hips holding up through the movement. Repeat the arm movements until all reps are completed. Slowly release the hips down to the ground on vertebrae at a time until the body rests on the ground. 8-10 reps for beginners, 10-15 for intermediates, 16-20 for more experienced. 3-4 Sets



Triceps Dips

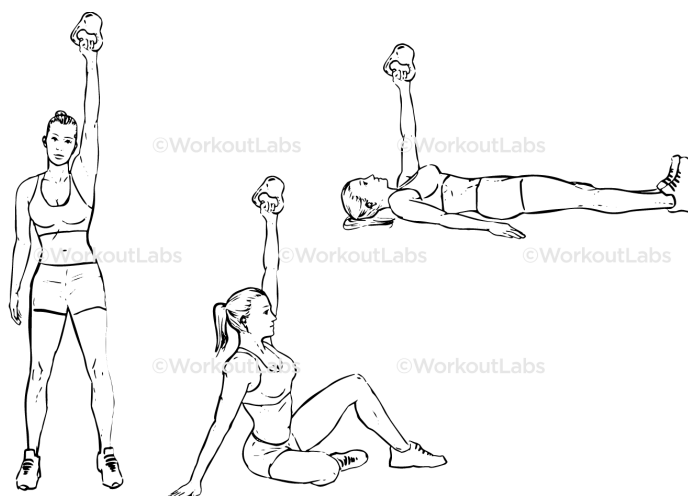
Description: Sit on a chair or bench with your bum close to the edge. Grab the edge of the bench with palms facing down and fingers curled under. Place feet flat on the ground hip width apart away from the bench to create a 90 degree bend in the legs. Squeeze shoulder blades together to bring elbows back (aim to have elbows in line with each shoulder joint). Press down through hands and feet to lift your bum off the bench. Your arms will be straight. Using your arms only as much as possible (try not to use your legs unless the exercise is too difficult or you feel pain) bend your elbows and lower your bum towards the ground. Keep your bum and back close to the edge of the chair. Do not lower the body past a 90 degree bend in the elbow. Keep chest lifting, neck long, and shoulders moving down and together. Pause at the bottom of the movement before pressing back through the hands to lift the body back up to a straight arm position. Repeat lowering the body until all reps are completed. 8-10 reps for beginners, 10-15 for intermediates, 16-20 for more experienced. 3-4 Sets



(Photo Courtesy of www.workoutlabs.com)

Turkish Get Up

Description: Lay on the floor on your back. Have one dumbbell close by your right side. Bend your right leg in close to your bum where the foot is flat on the floor. Extend your left arm directly out to the side and leave it flat on the floor with the palm facing down. Grab the dumbbell in your right hand and bring the arm up in the air to hover directly above your shoulder joint. The palm should be facing in towards the body and the arm should be straight. Engage your abdominal muscles to support the coming movement. Push down through your left hand, lean towards the left, crunch your torso up to sit up position, and send your right arm with dumbbell up towards the ceiling. The right arm with the dumbbell will now be above the shoulder joint above the head. Please note that in this exercise no matter which direction the body is facing the arm will be straight and the dumbbell will be lifting up towards the ceiling (the dumbbell will always end stacked over the shoulder joint). Push down through your right foot and squeeze glutes to lift hips off the ground driving them towards the ceiling. At this point your left hand, flat right foot, and your left heel (leg is still extended) should be touching the ground. Turn the right side of the body up and towards the left to allow the left leg to bend and swing underneath the body. The left leg will bend so that the knee is on the ground supporting the body. Lift the left hand off the ground and engage the abdominal muscles while supporting the hips to bring the torso upright. You will now be in a lunge position with both legs bent at 90 degrees, the right foot will be in front flat on the ground, the left knee will be underneath the left hip on the ground, and the toes on the left foot will be curled under. Push down evenly through both feet to lift the back knee off the ground. Squeeze your glute muscles so that your hips both face forward and your bum is tucked underneath your torso (Stack your spine). Straighten torso up (Don't lean forward). Step the left foot forward while straightening the body up to stand hip width away from the right foot. Pause at this standing position. Right hand is still above the head reaching towards the ceiling. Look forward and relax your shoulders. Take a large step backwards with the left foot while keeping the distance between your feet (Don't step in and stack feet). The right foot should be flat on the floor while the back foot is up on the toes. Squeeze your glute muscles so that your hips both face forward and your bum is tucked underneath your torso (Stack your spine). Straighten torso up (Don't lean forward). Engage your abdominal muscles for support and slowly start to bend both knees. Lower slowly to the ground by bending the knees. You will now be in the supported lunge position with the left knee resting on the ground. Engage abdominal muscles lean down towards the left and place the left hand down on the ground. Press through Left hand and right foot to lift the left knee off the ground. Swing left leg underneath body and through to extend left leg in front. Slowly release your bum to rest on the floor. Slowly lean back and release your torso to the ground vertebrae by vertebrae until you are in the starting position. Repeat all reps on the right side before moving on to the left side. 5-8 Reps on each side for beginners, 8-12 on each side for intermediates, 12-15 for more experienced. 3-4 Sets



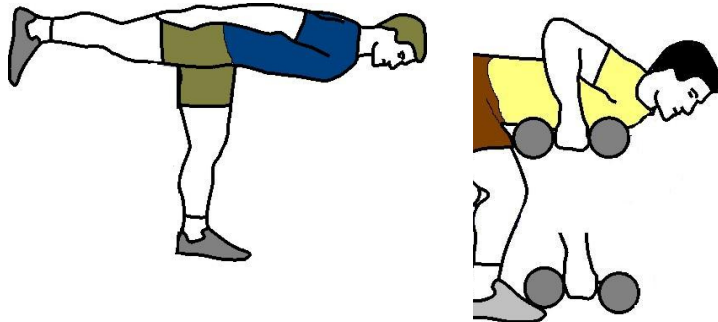
(Photo Courtesy of www.workoutlabs.com)

Single Leg Deadlift with Same Side Single Arm Row

Description: Stand holding a dumbbell in your right hand and with feet hip width apart. Palms facing each other and the sides of your body. Keep your gaze during this movement on a spot on the floor about 5 feet in front of you to avoid neck strain. Shift body weight onto the right and slowly bring the left foot off the ground coming to a balance on the right foot. Soften your right knee (standing leg) and engage abdominal muscles to support coming movement. From the hips slowly bend your torso down towards the floor while extending the left leg behind you. Your right hand with the dumbbell will stay close to your right leg and will continue down towards your right foot as you lower your torso. Keep both hips level by engaging your glutes and abdominal muscles.

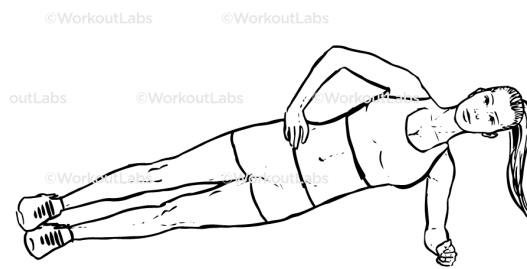
At the top of this movement aim towards having your left heel level with your back and your back straight (Don't worry if you can't go the full posture; the important thing is to keep the back and leg in one long line). This will create one long line down the body. Hold in this position. Engage your back muscles and bend your right elbow. Scrape your right side of your body with the dumbbell as you row the dumbbell up. Think about pulling the up towards the ceiling and your right shoulder blade towards your left shoulder blade. Hesitate at the top before slowly releasing the back and elbow down. Once the arm is straight slowly lift your torso up and bring your left leg back down to standing. Repeat all reps on the right before switching to the left side. 8-10 reps on each side for beginners, 10-15 on each side for intermediates, 16-20 on each side for more

experienced. 3-4 Sets



Side Plank with Top Leg Lift

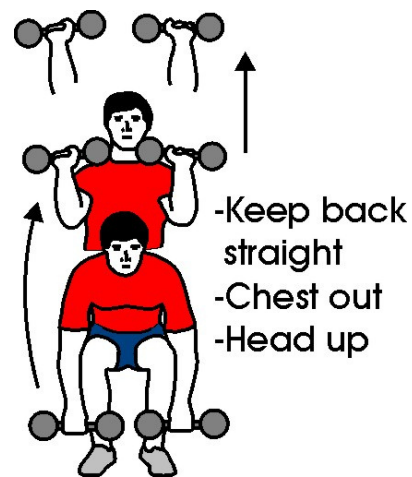
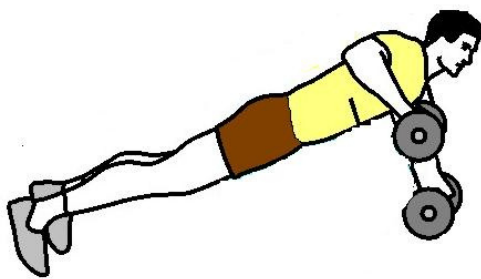
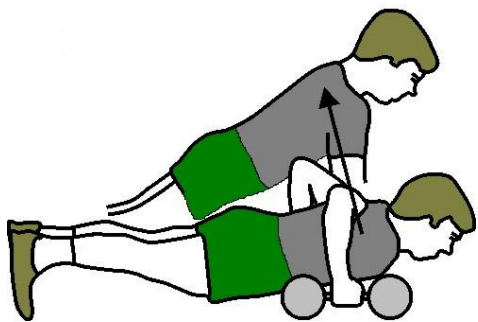
Description: Lay on the ground on your right side. You can do this exercise from your hand or from your elbow (forearm is pressing into the ground to support when on the elbow). Both options will work your core and shoulder. Doing the exercise from your hand will be more difficult as it requires more for balance. Place your elbow or wrist directly underneath your shoulder joint. You can then choose to do this exercise from your knees or from your feet. Feet is the more difficult option. For the knee option bend your bottom leg to 90 degrees where the knee is inline with the body and the foot is behind you. For the feet option press through the side of your right foot with the legs extended. Engage your right shoulder, back abdominal muscles, and right hip to lift your hips towards the ceiling. Your body should be in one long line with only your hand/forearm and foot/knee and shin on the ground. Think about stacking all of your joints in a line. If your bum is not in line with your shoulder and knee then squeeze your glutes. Hold this position while you engage your left leg and hip you lift your left leg towards the ceiling (you only have to lift it so that it is inline with your top hip). Hesitate the leg before slowly lowering it to the ground. Repeat all reps with the left leg before slowly lowering the hips down to the ground. Repeat on the other side. 30 Seconds for beginners, 45 Seconds for intermediates, and 1 minute for experienced. 3-4 Sets.



(Photo Courtesy of www.workoutlabs.com)

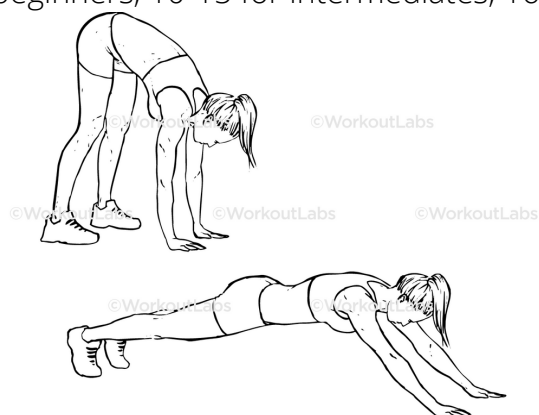
Weighted Burpee (Man Maker)

Description: Stand holding a dumbbell in each hand with feet hip width apart (can also be shoulder width for this exercise). Palms facing each other and the sides of your body. Knees are soft and abdominal muscles are engaged to support the coming movement. Slowly send your hips back and bend your knees at the same time to lower towards a 90 degree bend in the legs. At the bottom your back should be straight. This means that your bum is not curling under your torso and your chest is not rolling down. Look down and place the dumbbells on the ground but don't let go of them. Step back each foot one at a time or jump both feet back to create a plank position. Your body should create a straight line with you toes and hands supporting you while holding the dumbbells (Important note: If your dumbbells are round then place dumbbells on the ground, let go of them, and then place hands on the ground to step back/create the plank position). At this point you can drop your knees to the ground or stay on your toes to make the exercise more difficult. This will create one long line down the body. Hold in this position. Engage your back muscles and bend your right elbow. Scrape your right side of your body with the dumbbell as you row the dumbbell up. Think about pulling the up towards the ceiling and your right shoulder blade towards your left shoulder blade. Hesitate at the top before slowly releasing the back and elbow down. Repeat with the left arm. At this point you can add a push up if you would like extra work. Look forward and step or jump feet back to hip width or shoulder width apart. Engage biceps (upper arm muscles) to bring weights on shoulders. You should now be in the bottom of a squat position with the dumbbells on your shoulders. Pause for a brief moment before squeezing your glutes (bum muscles) and pushing down through your heels to bring your hips forward and up back to standing position. If you would like extra you can also add a shoulder press at the top while standing. Repeat until all reps are completed. 5-8 Reps on each side for beginners, 8-12 on each side for intermediates, 12-15 for more experienced. 3-4 Sets



Inchworm Walkouts with Push Up with Option to add Shoulder Push Up

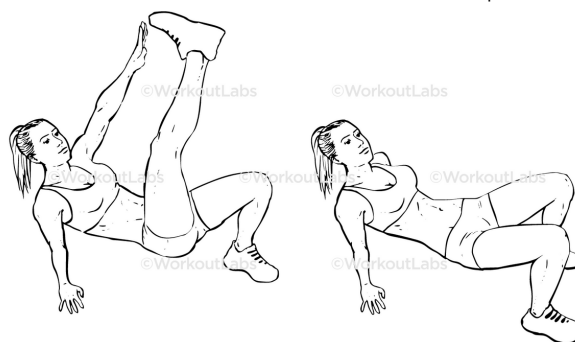
Description: Stand holding with feet hip width apart (can also be shoulder width for this exercise). Knees are soft and abdominal muscles are engaged to support the coming movement. Slowly send your hips back, bend your knees, and lower your torso. At the bottom your back should be straight. This means that your bum is not curling under your torso and your chest is not rolling down. Look down and place your hands on the ground. Walk your hands out while keeping your feet stationary to create a plank position. Your body should create a straight line with your toes and hands supporting you. At this point you can drop your knees to the ground or stay on your toes to make the exercise more difficult. This will create one long line down the body. Hold in this position while you complete a push up. After your push up come back on the toes if you were on your knees and walk your hands back towards your feet. If you would like to make the exercise more difficult than you can add a shoulder push up as well. You can do this by stopping part half way when walking your hands back towards your feet. Look back at your toes and have your hands shoulder width or less apart (less will be more difficult). Bend at your elbows and engage your shoulder/back muscles to keep your neck long. Think about getting the top of your head towards touching the ground. Your knees can be bent. Hesitate before pushing down through your arms to lift your body and extend the arms straight. Finish walking the hands back towards the feet. Look forward, push through the legs, lift hands off the ground and stand up. Repeat until all reps are completed. 8-10 reps for beginners, 10-15 for intermediates, 16-20 for more experienced. 3-4 Sets



(Photo Courtesy of www.workoutlabs.com)

Crab Alternating Touch

Description: Sit on ground with legs bent, feet flat on the floor hip width apart, and hands on the ground by hips. Fingertips should face towards feet. Relax your neck while squeezing shoulder blades down and back to support the movement. Engage abdominal muscles, arms, back, and glutes to lift hips while pushing down through heels of feet and hands. Remember to pull the rib cage and hip bones down and towards each other to create that abdominal pressure. Your torso, hips and thighs will create one flat line. This will look like a reverse table top position. Shift your weight to try and lift the right hand and the left foot off the ground at the same time. If this is easy then continue to lift the limbs up towards the ceiling and to touch each other (It is ok to drop the hips slightly to accomplish this motion). Control the limbs down. Once they are on the ground shift your weight to do this movement with the left hand and right foot. Repeat until all reps are completed. Slowly lower bum to the ground to complete the exercise. 8-10 reps on each side for beginners, 10-15 on each side for intermediates, 16-20 on each side for more experienced. 3-4 Sets



(Photo Courtesy of www.workoutlabs.com)

Weighted Pullover with Crunch Option to have Knees Up or do it with Alternating Single Leg Lower

Description: Lay on the ground on your back. Have one medium to large sized dumbbell or two small to medium sized dumbbells near. Engage your abdominal muscles by trying to pull the ribs and the top of your hip bones flat and towards each other. This will create a contraction and pressure. This pressure is a good pressure. It is a force pulling the abdominal muscles down towards the ground creating a straight spine. (To test if they are contracting properly then place a hand under the small curve in your back. Engage the abdominals by pulling the ribs and hips flat and towards each other with your hand still in the small of your back. You should feel your back pressing down, flattening this curve against the floor and your hand. You will want to keep this pressure as you do the exercise.) Slowly lift your legs to bent 90 degree positions in the air with your knees directly above your hips. Keep the pressure in the abdominal muscles. Grab the dumbbell with both hands and bring it above your chest with your arms extended. Engage your shoulders and back to support the coming movement. Slowly lower the dumbbell overhead toward the ground with your arms straight. Lower as much as you are able without letting the dumbbell touch the ground (If you feel pain or uncomfortable pulling then do not continue to lower. Always work to a point of no pain). Hesitate with the dumbbell back before engaging your arms, abdominal muscle and shoulders to bring the dumbbell back above your chest. Slowly lift your head and shoulder blades off the ground and press the dumbbell to the ceiling. Hesitate then slowly lower your shoulder and head back down to the ground. To make the exercise more difficult you can also choose to extend a leg down towards the ground while you lower the weight. Extend one leg out as you reach the dumbbell overhead and towards the ground. Pause for a brief moment then bring the dumbbell back in above the chest. Continue the crunch. As you lower the shoulders and head bring the leg back into the bent leg position. To make the exercise less difficult extend your legs up towards the ceiling with only a small angle away from the body. If you are looking to increase the intensity then extend the leg out and down towards the ground letting it hover an inch above the ground. Repeat until all reps are completed. If you feel pain in your low back, it means that your abdominal muscles are not being able to keep up with the difficulty that you have selected and the back is compensating. Try making the exercise less difficult. If it continues then stop the exercise. 8-10 reps for beginners, 10-15 for intermediates, 16-20 for more experienced. 3-4 Sets

