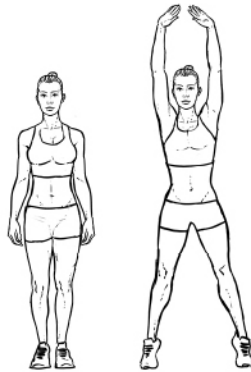


Warm-up & Dynamic Stretches

Prepare your body and mind for physical activity, loosen and stretch your muscles and increase your heart rate and breathing to raise blood and oxygen flow by performing this warm-up before your workout. Using an interval timer (our favorite is *Repeat Timer Pro* for iOS) perform each exercise for 30 seconds with 15 seconds of rest in between.



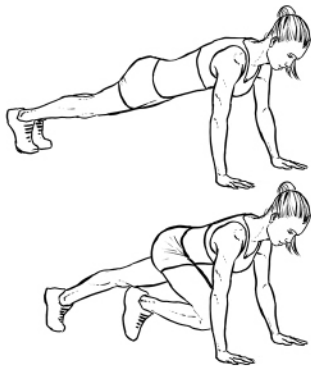
High Knees



Jumping Jacks



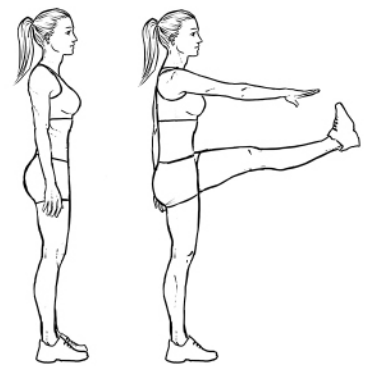
Bodyweight Squats



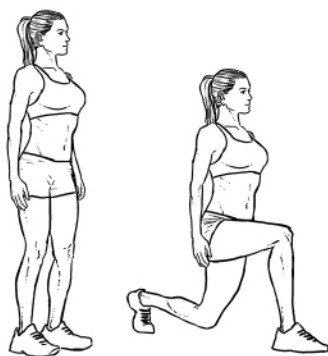
Mountain Climbers



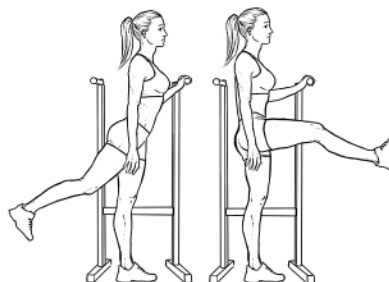
Inchworm



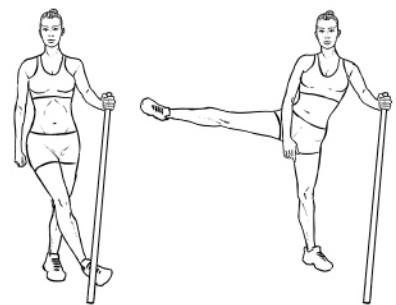
Walking High Kicks



Bodyweight Walking Lunge



Forward Leg Swings

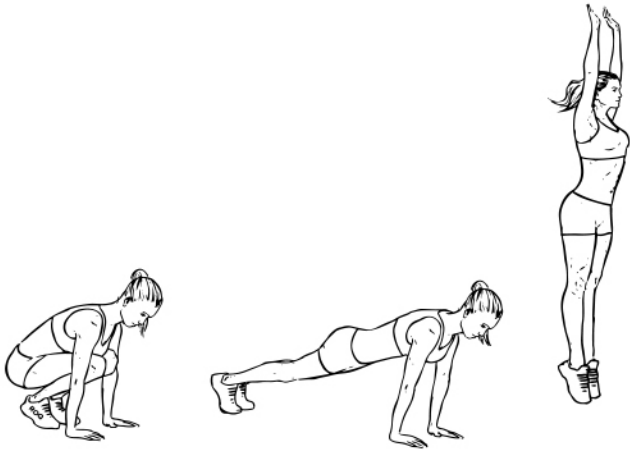


Side Leg Swings

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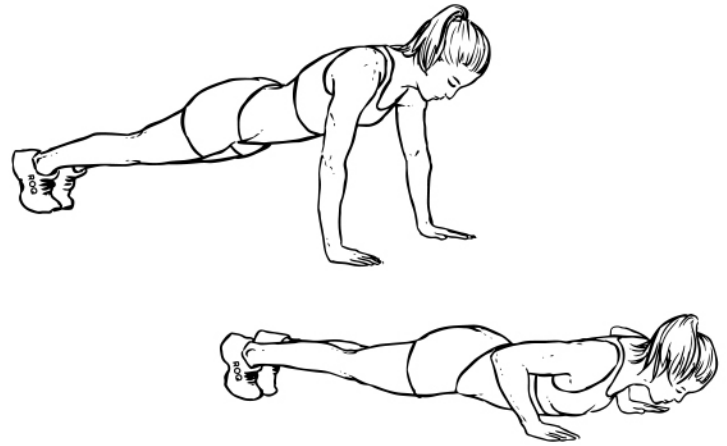
BEST BODY WORKOUT

Burpees / Squat Thrust



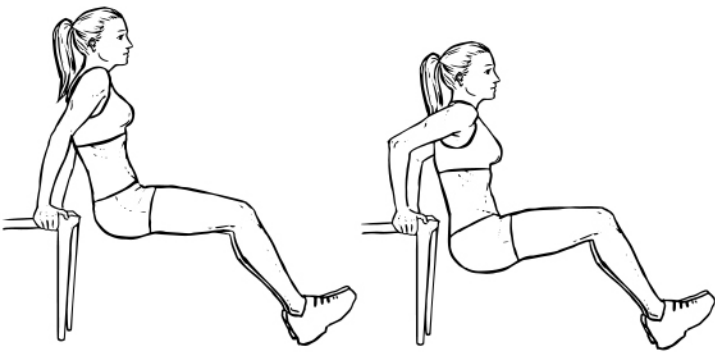
10 reps

Push-up



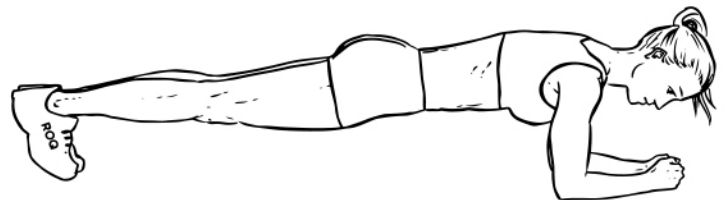
15 reps

Chair Tricep Dips



20 reps

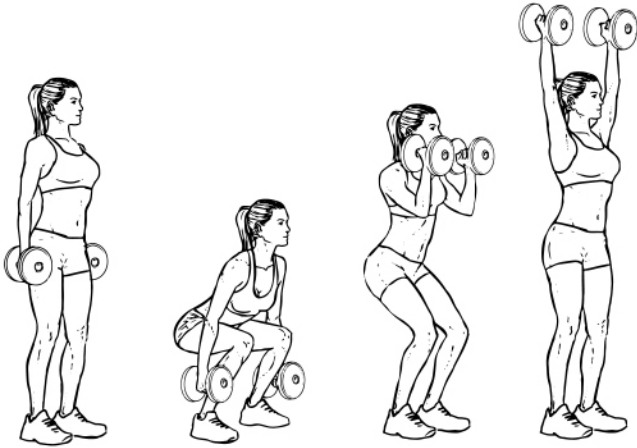
Plank



30 seconds

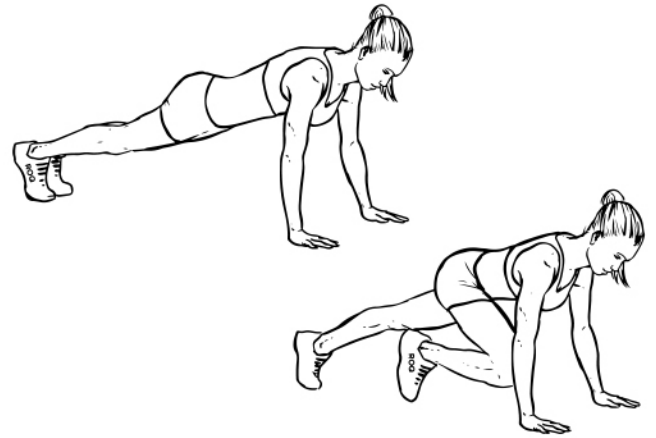
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BEST BODY WORKOUT

Dumbbell Squat Clean & Press



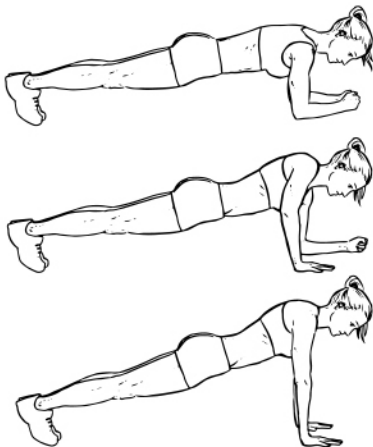
12 reps

**Mountain Climbers / Alternating
Knee-ins**



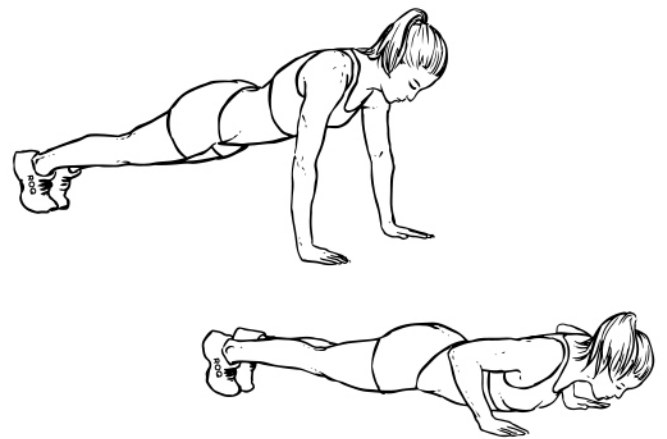
50 reps

Plank to Push-Up / Plank Push-ups



24 reps

Push-up



12 reps

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BEST BODY WORKOUT

Post-Workout Stretches

Kick start muscle recovery, maximize gains and prevent injury by performing these stretches after your strength training workout. Using an interval timer (our favorite is *Repeat Timer Pro* for iOS) hold each stretch for 30 seconds, taking 5 seconds to get into the next position.



Neck × 2



Shoulders × 2



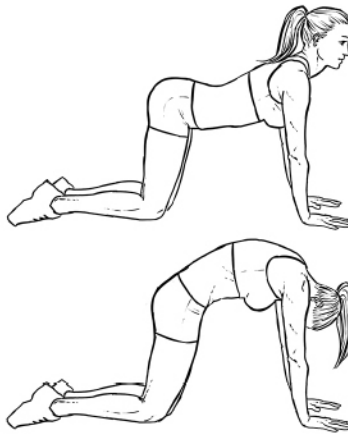
Chest



Quadriceps × 2



Calves × 2



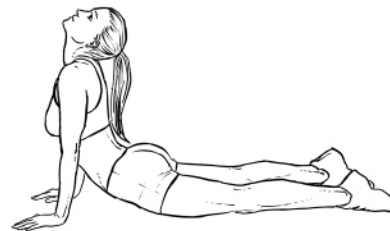
Back



Hamstrings × 2



Lower Back × 2



Abdominals Skip if you have back problems

2-minute abs

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20 seconds each exercise | no rest between exercises



1. knee-to-elbow crunches



2. flutter kicks



3. scissors



4. hundreds



5. reverse crunches



6. sitting twists

abs of steel

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LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



10 sit-ups



12 flutter kicks



10 leg raises



10 air bike crunches



10 knee crunches



10 leg pull-ins



10 plank arm raises



30sec elbow plank



10 body saw

ROCKY abs

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reps level I 10 reps level II 20 reps level III 30 reps rocky 40 reps each
3 sets up to 2 minutes rest between sets



air bike crunches



high crunches



sitting twists



'Rocky' butt-ups



raised leg circles



windshield wipers

FIVE MINUTE PLANK

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60sec full plank



30sec elbow plank



60sec raised leg plank
30 seconds - each leg



60sec side plank
30 seconds - each side



30sec full plank



60sec elbow plank