

# 2018 **Rocktober** Functional Fitness.

## **8-Minute H.I.I.T Workout**

- *Perform each of the following exercises for 30 seconds;*
- *Rest for 10 seconds in between each exercise.*

1. Jumping Jacks
2. Spiderman Crawl
3. Modified Table Makers
4. Mountain Climbers
5. Alternating Reverse Lunge
6. Back Bridge
7. Shoulder Taps
8. Bodyweight Squats
9. High Knee March
10. Plank
11. Push-Ups
12. Wall Sit

- *Challenge your tempo as you move through this circuit;*
- *Perform this circuit once, gauge your level of fatigue and repeat again if time and ability allow;*
- *For exercise descriptions go to [www.functionalfitness.ca/rocktober](http://www.functionalfitness.ca/rocktober)*

**Are You Ready?**



# Jumping Jacks



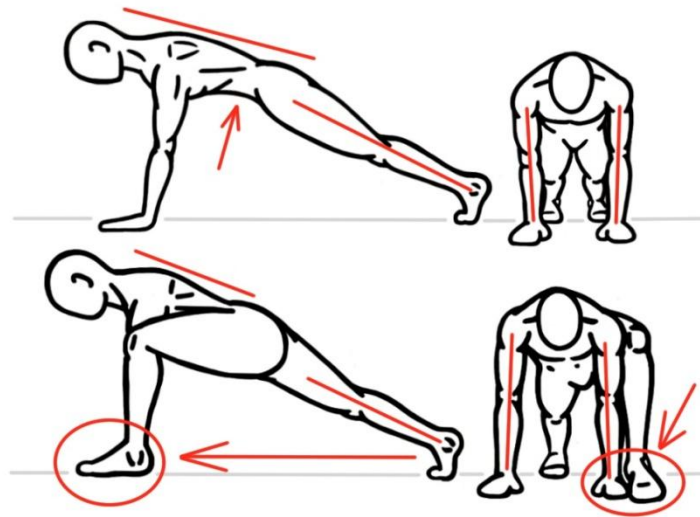
## Instructions:

- Start standing with the hands by your sides (A)
- Jump the feet out and arc the hands up and overhead (B)
- Stay light on the toes and rebound back in to standing with the arms by your sides.

## Modifications and Tips:

- Move your arms through as full a range as comfortably possible.

# Spiderman Crawl



## Instructions:

- Get into a *Close-Grip Push-Up* position (back flat, tight core).
- Bring one foot forward and place it outside the same-side hand.
- Let the hips sink a little to feel a good stretch through the hip flexors.
- Return to the starting position.
- Repeat with the opposite side.

## Modifications and Tips:

- Keep the body tight and movement under control.
- If you're struggling to get a full range of movement around the hip and the foot by the hand, hold on to a pair of dumbbells or push-up handles.

## Modified Tablemakers



### Instructions:

- Start seated with your knees bent and feet hip-width apart;
- Position your hands below your shoulders, just outside of hip-width;
- Press down into your palms to extend your elbows and drive through the middle of your feet to lift your hips. Exhale as you lift;
- Push your hips as high as possible, keeping your knees directly over your feet;
- Keep your shoulders pulled down and tip your head back to gaze skyward;
- Lower your hips between your hands and come to a seated position, legs extended.
- Repeat for the suggested number of repetitions.

[www.FunctionalFitness.ca](http://www.FunctionalFitness.ca)

**Are You Ready?**

# Mountain Climbers



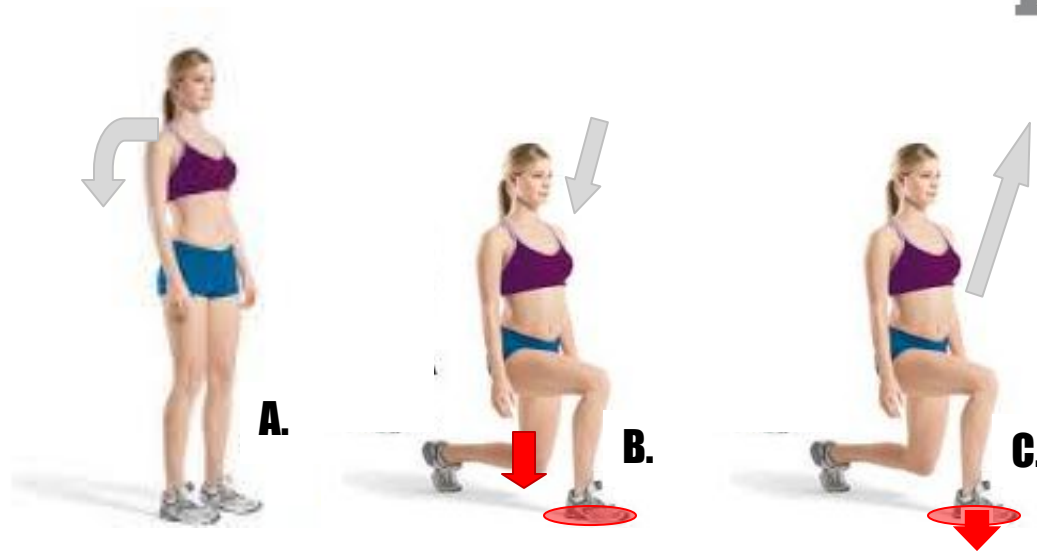
## Instructions:

- Begin in a push-up position with a core tight;
- Drive the right knee forward as if you are trying to touch the knee to your elbow (B);
- Keep left leg straight and the body tight;
- Immediately drive the right leg back to the starting position and switch legs;
- Perform for the suggested number of repetitions on each side.

## Modifications and Tips:

- Stay strong in the shoulders; don't let the body sag.
- Think about bringing the knee to the elbow.
- Aim for a consistent, steady rhythm.
- You can either plant the front foot when you bring the knee forward, or you can simply switch legs without touching the front foot to the ground but don't bounce the body.

## Reverse Lunge



### Instructions:

- Start by standing tall [*Pic A.*];
- Take a step backwards and lower your body DOWN towards the ground [*Pic B.*];
- Power off the FRONT leg [*Pic C.*] to stand back up to the starting position;
- Repeat for the suggested number of reps or time.

### Modifications and Tips:

- Once you've taken the step backwards, the movement of your body is UP-AND-DOWN (not forward and back).

## Hip Bridge



### Instructions:

- Lay flat on your back hands out to the sides with the palms facing upwards;
- Plant the feet in a “stable position” (hip width apart, or slighter wider);
- Push from the feet to lift the hips up as high as you can;
- “Pull” the hips back into the ground, pause for a second to reset your back on the ground;
- Repeat for the suggested number of repetitions.

### Modifications and Tips:

- Feel the glutes work to lift the hips up.
- Make sure that you are not arching through the back to lift the hips.

## Shoulder Taps

(from *High Plank* position)



### Instructions:

- Start off in a *High Plank (Push-Up)* position;
- Keep your body stable and the movement controlled as you lift one hand off the ground and tap the opposite shoulder with it;
- Return to the starting position and repeat with the opposite hand;
- Repeat for the suggested number of repetitions or time interval.

### Modifications and Tips:



## Bodyweight Squats



### Instructions:

- Stand with your feet about shoulder-width apart and your arms in front of you, as shown.
- Keeping your back straight, squat down until your thighs are about parallel to the floor. Press up from your heels and return to the starting position.

### Modifications and Tips:



## High Knee March (A-Drill)



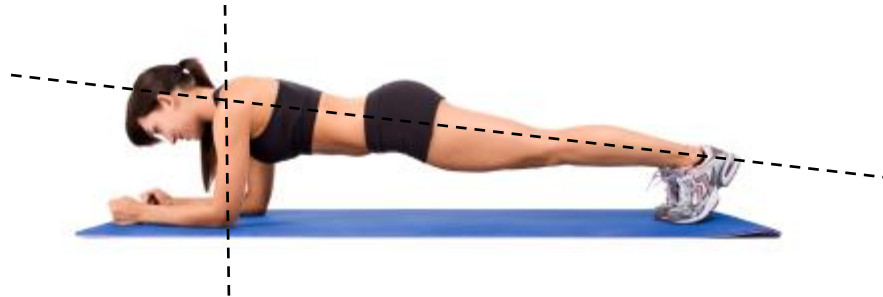
### Instructions:

- Begin to mimic a sprinter's stride with this drill;
- Drive the knee upward with each step (this is an emphatic drive);
- As you drive the knee up, drive the opposite arm forward (again a very emphatic drive of the arm);
- Perform this for the prescribed number of repetitions or distance.

### Modifications and Tips:

- Maintain a tight, upright core throughout this movement – head up, chest up.
- This is a very staccato movement. Deliberate powerful movements.
- Begin to think of the cross body arm-leg movement transferred into your sprinting stride as you progress.

## Front Plank (Toes)



### Instructions:

- Rest on your forearms ;
- Go up onto your toes and brace your stomach as tightly as possible (think about being punched in the stomach and bracing in anticipation);
- Ensure you have a plank-like straight line from head to toe and that your back is NOT sagging, nor is your butt up in the air

### Modifications and Tips:

- Make sure that your elbow joints are in line with your shoulder joints.
- Don't think about pushing yourself UP into the flat position. Think about sinking into your forearms and toes and preventing yourself from breaking the flat line through the midsection
- Think about squeezing your glutes, thighs and abs to maintain alignment through the torso.
- To make this exercise easier, perform this movement from the knees:



## Push-Ups (from the toes)



### Instructions:

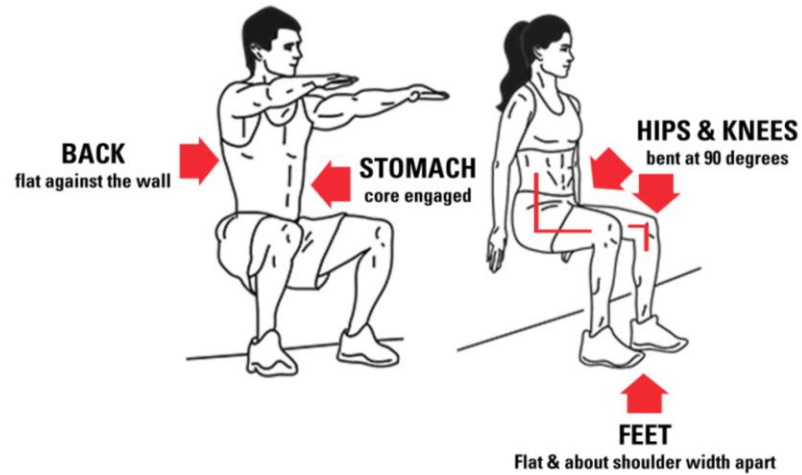
- Start off in a High Plank position, with the hands under, but slightly wider than shoulder-width apart;
- Begin to bend the arms, lowering the body towards the floor in a controlled manner;
- When the arms are bent at 90°, begin to push the body back up to the starting position by straightening the arms;
- Performed for the suggested number of repetitions.

### Modifications and Tips:

- Keep the elbows angled slightly back towards your sides, not straight out from the shoulders.
- To make this exercise easier, perform this movement from the knees



# Wall Sit



## Instructions:

- Find a wall with enough clear space to stand and lean against it;
- Lean back against the wall and lower yourself into a squat position as shown) – NOTE the legs are bent at 90 degrees;
- Keep your arms straight out in front of you;
- Hold for the suggested length of time

## Modifications and Tips:

- Keep your back pushed into the wall.