

2018 **Rocktober** Functional Fitness.

Countdown Workout

(10, 9, 8, 7, 6, 5, 4, 3, 2, 1)

- *Work through the following 5 exercises as quickly as possible, starting with 10 repetitions each;*
- *On each subsequent set of this circuit, reduce the repetitions by 1 until you've worked your way down to 1 repetition.*
- *Record your time.*

1. Jumping Jacks
2. Shoulder Taps (tap on each shoulder = 1 rep)
3. Modified Table Makers
4. Bodyweight Squats
5. Twisted Push-Ups (1 Push-Up = 1 rep)

For exercise descriptions go to 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.

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:

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.

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Are You Ready?



Bodyweight Squats



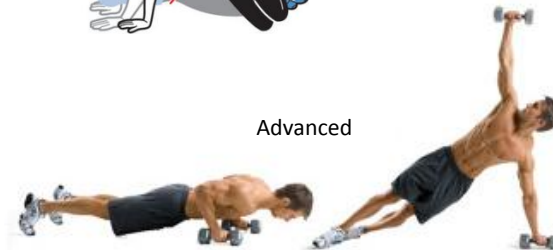
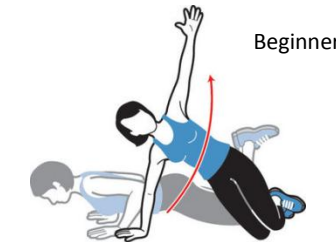
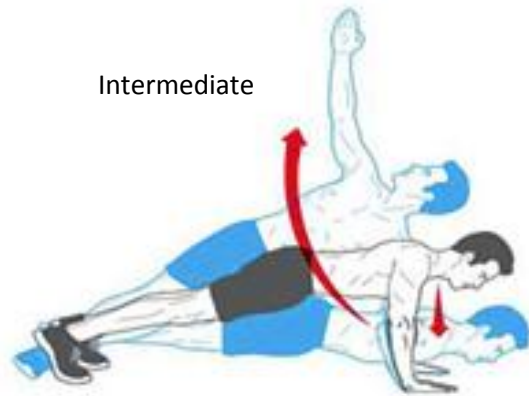
Instructions:

- 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:

Are You Ready?

Twisted Push-Up



Instructions:

- Start off in a *Push-Up* position (hands slightly wider than shoulder width apart, tight core extending down to the toes or knees – depending on level of progression)
- Perform a Push-Up;
- As you reach the top of this movement (back towards the starting position), rotate into a *High Side Plank* position,
- Return to the starting position and repeat for the recommended number of repetitions.

Modifications and Tips:

- In the *High Side Plank* position, ensure that the arm is pointing up to the ceiling, not behind you (do not over-rotate).
- Try to make this as fluid of a movement as possible i.e. don't do a Push-Up and then rotate. Rotate as you reach the top of the movement, and rotate back down into the Push-Up.