

# Today's **CHALLENGE**

December 30<sup>th</sup>, 2022



## 10-Minute Core Workout

- You'll need to claim a bit of floor space (watch out for those ornament hooks and Lego blocks);
- A yoga mat or towel might help with slippage and cushioning;
- Set your timer for 30 seconds
- ... and GO!

**Perform the following circuit of exercises... TWICE!**

- |                                 |            |
|---------------------------------|------------|
| 1. High Knee Run/ March         | 0:30       |
| 2. Low-to-High Plank Walk       | 0:30       |
| 3. Single Leg Hip Bridge        | 0:30/ leg  |
| 4. Squat Thrust                 | 0:30       |
| 5. Shoulder Taps                | 0:30       |
| 6. Windshield Wipers            | 0:30       |
| 7. Cross-Body Mountain Climbers | 0:30       |
| 8. Side Plank                   | 0:30/ side |

*\*\*\* Exercise descriptions are at the end.*



### **WARNING!**

If you feel any pain, dizziness or nausea, at any stage, please stop immediately!





## To make it easier:

*(these exercises will be listed AFTER the Core Circuit)*

1. March with *High Knees*;
2. Hold the *High Plank* position;
- 3.
4. Replace *Squat Thrusts* with *Squat-to-Hand-Walkouts*;
- 5.
6. Keep the knees bent at 90 degrees with the feet off the floor;
- 7.
8. Perform the Side Plank from the knees.

## To make it harder:

*(these exercises will be listed AFTER the above modifications, at the VERY end)*

1. Really work to get the heart rate up with knee drive and arm swing;
- 2.
- 3.
4. Do Burpees;
- 5.
6. Replace the *Windshield Wipers* with *Around The World*;
7. Do “*Breakdancers*” instead of *Cross Body Mountain Climbers*
8. Level up the *Side Plank* (top foot lifted or pulsing up and down).

Add a third (or fourth) set

## This is a Challenge

- Work hard for the full 30 seconds (that’s not 28, or 29).
- Challenge your form.
- Keep your transitions swift.
- It is ONLY 2 rounds!!

\*\*\* When you’ve completed this Challenge, please drop me a line and let me know what your favourite New Year’s Eve “tradition” is.



## High Knee Skip & High Knee Run



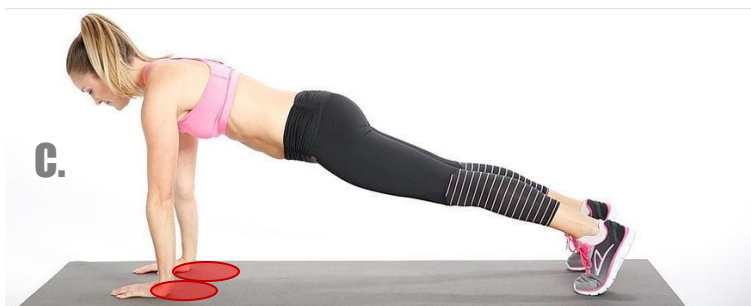
### Instructions:

- The basic “High Knee March” can become even more dynamic by adding either:
  1. A skipping type movement – this is a bit of a choppy skip where you punch the knee high as you maintain the powerful arm drive. The extending leg drives into the ground to provide that quick skip step as the knee drives up.
  2. A running motion – the knee drive is still powerful, but the turnover rate through the legs is higher. Be conscious of maintaining your arm movement in this.

### Modifications and Tips:

- Get the knees up high.
- Maintain strong, deliberate movements through the shoulders and arms.
- Don’t lean back. Maintain a tight core with upright posture.

## Low-to-High Plank



### Instructions:

- Get into a *Low Plank* position (from the forearms) [Picture A];
- Keep your core tight and walk up onto your hands to end up in a *High Plank* position (Push-Up position) [Picture C];
- Return back down to the starting position and repeat for the suggested duration.

### Modifications and Tips:

- Keep the abdominal muscles tight throughout this movement as you transition from *Low* to *High* and back to *Low*.
- Think about putting the hand where the elbow was as you transition into the *High Plank* and the elbow where the hand was as you transition back down into the *Low Plank*.

# Single Leg Back Bridge

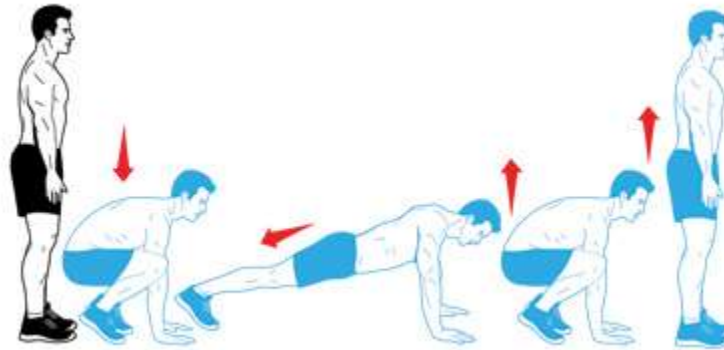


## Instructions:

- Begin on your back with one knee bent and the other leg lifted in the air as in the image.
- Push through your heel and squeeze your butt as you lift your hips up

## Modifications and Tips:

# Squat Thrust



## Instructions:

- Start off standing tall;
- Squat down and put your hands on the ground;
- Jump the legs back so that you end up flat (push-up position), lock the core as you land so that you don't sag at the midsection;
- Jump the legs back in so that the feet are under you;
- Stand up to resume the starting position.
- Perform for the suggested number of repetitions or time.

## Tip and Modifications:

- As you jump the legs backwards, think about contracting the core, the glutes and the quad's to brace the lower back and create a strong landing position.

## 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:

# Windshield Wipers



## Instructions:

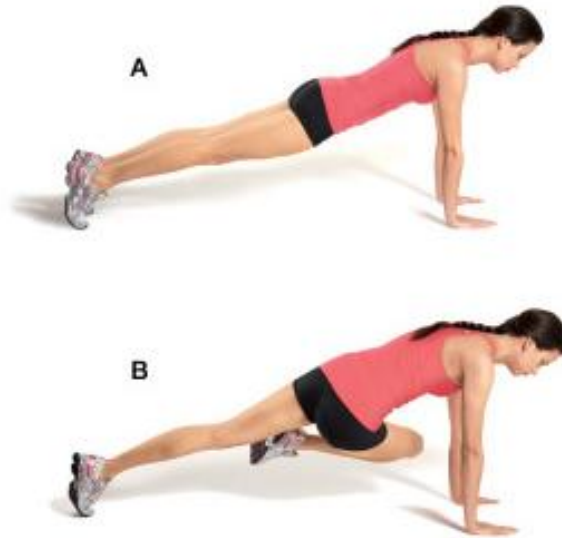
- Lie on back with arms out to sides slightly below shoulder level, palms down and legs extended toward ceiling, feet together.
- Tighten abs and slowly lower legs together toward right as far as you can.
- Lift legs back to start; repeat to left and return to start to complete 1 rep.

## Modifications and Tips:

- **MAKE IT HARDER:** Lower legs so right toes touch floor.



## Cross Body Mountain Climbers



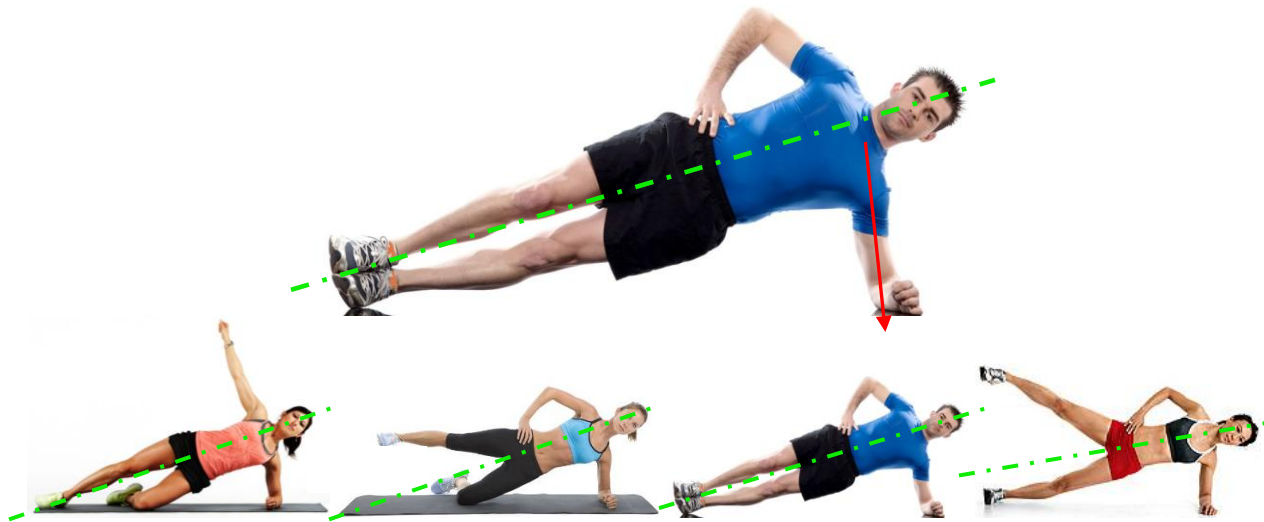
### Instructions:

- Begin in a *High Plank/ Push-Up* position;
- Drive the right knee forward and under the body towards the left elbow;
- Bring it back to resume the starting position;
- Repeat with the opposite side, driving the left knee towards the right elbow, and return it back to the starting position;
- Repeat for the recommended number of repetitions.

### Modifications and Tips:

- Stay tight in the core and shoulders, don't sag through the midsection.
- Minimize the amount of upper body movement you have by keeping your weight over your hands.

## Single Leg Side Plank (Toes)



### Instructions:

- Position your forearm under the shoulder and prop yourself up on it;
- Tighten your abdominal muscles and strengthen your legs as you push down through the arm to lift your hips off the ground;
- Set your body so that it forms a straight (but diagonal) line from the top of your head to your feet;
- Be sure your hips and knees stay off the floor;
- Perform this exercise for the suggested duration or until your form begins to break and then switch sides.

### Modifications and Tips:

- To lift the hips, push DOWN into the floor through the arm to lift the hip .... DON'T push with the legs to lift the hips – this will push your body beyond the forearm.
- Make sure that you maintain perfect posture, i.e. head is up, looking straight ahead, chest is out, core is tight and glutes are squeezed.
- Don't think about a plank as pushing the hips up – Once in the plank position, a plank is a stabilization exercise where you don't let the hips drop from that strong position.

# High Plank



## Instructions:

- Position yourself at the top of a push-up (hands under the shoulders, body straight)
- Keep the abdominal muscles tight and hold this position for the suggested duration.

## Modifications and Tips:

- Keep the body straight. Don't let the hips sag (breaking the lower back) or raise (butt in the air).

# Low Squat to Hand Walkout



## Instructions:

- Start off in a Low Squat Hold;
- Lower yourself until your hands are flat on the ground;
- Begin to walk out into Push-Up position;
- Once you've walked your hands out into Push-Up position, begin to return back into the Low Squat position (see the inlay picture for leg position).
- Repeat for the desired number of repetitions (or time).

## Modifications and Tips:

- Keep the body tight... no sag!

## Windshield Wiper (knees bent)



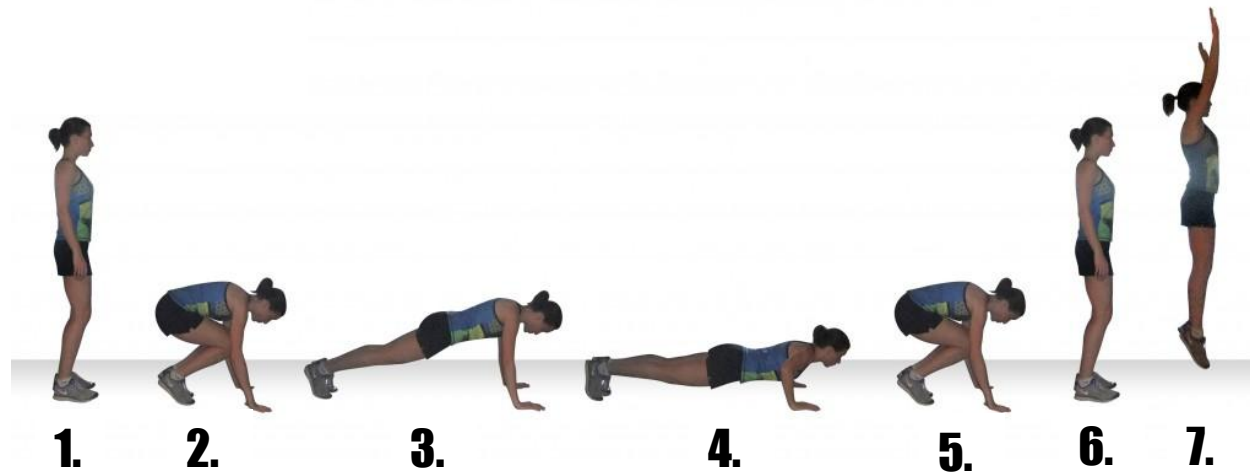
### Instructions:

- Lay on your back with your arms out to your sides (palms facing down). Pull your knees as close to your chest as you can [A];
- With your knees pulled in, lower your knees down to one side, feeling the twist through the torso;
- Pull the legs back up to the starting position and repeat on the other side;
- Keep the palms down and legs together as you rotate, alternating side-to-side.

### Modifications and Tips:

- Keep the knees pulled in tight as you drop the knees down to the side.

# Burpee



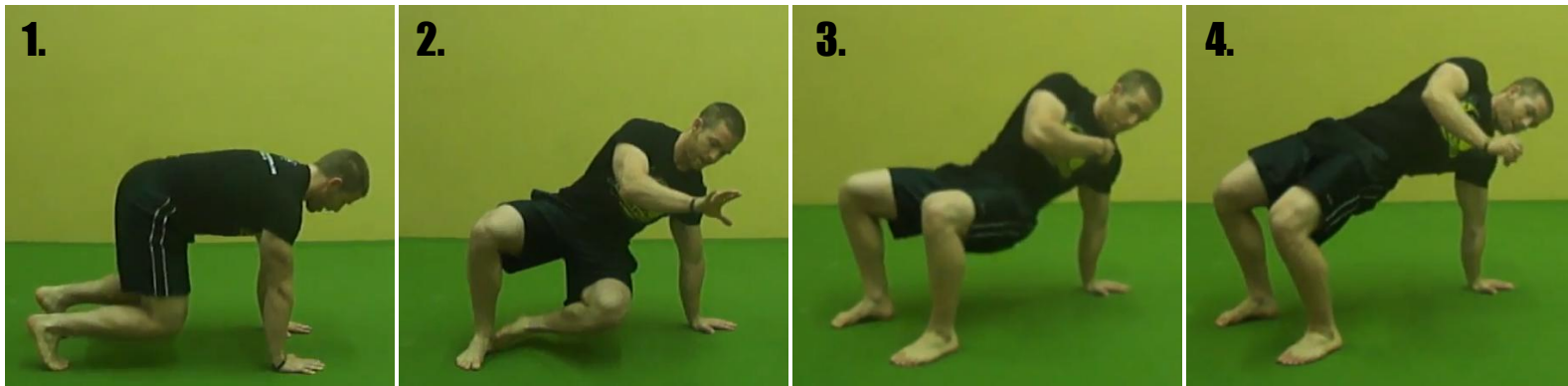
## Instructions:

- Start off standing tall [*Picture 1*];
- Squat down and put your hands on the ground [*Picture 2*];
- Jump the legs back so that you end up flat (*Push-Up* position), lock the core as you land so that you don't sag at the midsection [*Picture 3*];
- Lower yourself to the ground like a *Push-Up* [*Picture 4*];
- Push back up and jump the legs back in so that the feet are under you [*Picture 5*];
- Jump up in the air, reaching as high as you can [*Pictures 6 & 7*].

## Tip and Modifications:

**Are You Ready?**

# Thoracic Bridge (Breakdancers)



## Instructions:

- Start on all fours with your hands on the ground directly below your shoulders;
- Lift your knees off the ground so your weight is balanced between your hands and feet (*Picture 1*);
- Begin to bring your left foot under your body (between your right foot and left hand). As you are swinging the left leg under the body (not dragging it on the floor) lift your right arm so that you are rotating your left shoulder (pivoting on the left hand and right foot) (*Picture 2*);
- Plant your left foot (the one which has just moved under your body) firmly on the ground forming a stable tripod (*Picture 3*);
- Push your body away from the ground by extending the left arm and shoulder;
- Drive the hips up high (*Picture 4*).

## Tips and Modifications:

- Keep the upper body twisted at the top of the movement (*Picture 4*). DO NOT rotate all the way around so that your chest faces the ceiling.