

# Today's **CHALLENGE**

December 31<sup>st</sup>, 2022



## Countdown Workout

- The **Option 'A' Challenge** today is an EPIC Countdown Workout.
- You will need your stopwatch for some of the timed exercises.

### Perform 1 cycle through the following circuit:

(exercises at the end)

- 100 Jumping Jacks
- 90 Butt Kicks (total)
- 80 Mountain Climbers (total)
- 70 Speed Skaters (total)
- 60 Lunges (30/ Leg)
- 50 High Knee Runs (total)
- 40 Shoulder Taps (total)
- 30 Squats
- 20 Push-Ups
- 10 Sit-Ups
- 9 Breakdancers / side
- 8 Squat-to-Hand Walkouts
- 7 Alternating V-Ups
- 6 Jump Squats
- 5 Low-to-High Plank (on each side)
- 4 V-Ups (full)
- 3 Knee Tuck Jumps
- 2 minutes of Plank
- 1.5 minutes of wall sit (that's 90 seconds)
- 1 minute of Plank

\*\*\* Now that you've had time to think about it during this Challenge, drop me a line and let me know if you'll stay up to see the New Year in at 12:00 tonight.



#### **WARNING!**

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



## 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.
- Perform for the suggested number of repetitions or time.

### Modifications and Tips:

- Move your arms through as full a range as comfortably possible.
- Stay light on your feet. Responsive with the ground.

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**Are You Ready?**

## Butt Kick Skip & Butt Kick Jog



### Instructions:

- The fundamental “Butt Kick Walk” can become a little more dynamic as you add either:
  1. A skipping movement; or,
  2. A running movement.
- The skip will generate a bit more vertical power from the extending leg as you get a slight upward drive;
- The run requires a faster “turnover” through the legs.

### Modifications and Tips:

- Maintain strong upright posture.
- Keep the powerful arm drive... don't just pin them to your body.

## 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.

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## Speed Skaters



### Instructions:

- Start off standing with your knees and hips bent with a slight forward lean;
- Leap from side to side landing on alternating feet;
- Keep your torso as flat as possible (not upright, just flat without rounding through the shoulders);
- Repeat for the suggested number of repetitions or time.

### Modifications and Tips:

- Stay light on your feet.
- Pump your arms to help propel your jumps.

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## Forward Lunge



### Instructions:

- Stand tall – chest up;
- Step forward into a lunge step;
- Lower your body until the rear knee almost touches the floor and the front thigh is parallel to the floor.
- Stand back up strong and tall (return to the starting position)
- Repeat for the recommended number of repetitions.

### Modifications and Tips:

- Keep the body perfectly upright. Do not let yourself lean forward.

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## 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.

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**Are You Ready?**



## 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.

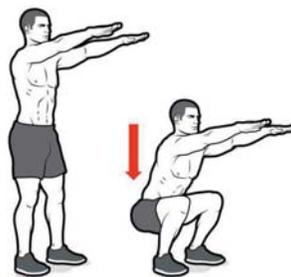
### Modifications and Tips:

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**Are You Ready?**



## Bodyweight Squats – Full Range of Motion



### Instructions:

- Stand with your feet about shoulder(ish)-width apart and your arms in front of you, as shown.
- Keeping your back straight, perform a full squat, lowering yourself as low as you can go;
- Push down into your feet to return up into the starting position;
- Repeat for the desired number of repetitions.

### Modifications and Tips:

- Try and maintain an upright posture throughout this movement.
- Think about trying to drop your hips in between your feet.
- Hang on to a door or doorframe to help you achieve a full range of motion.

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## 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.

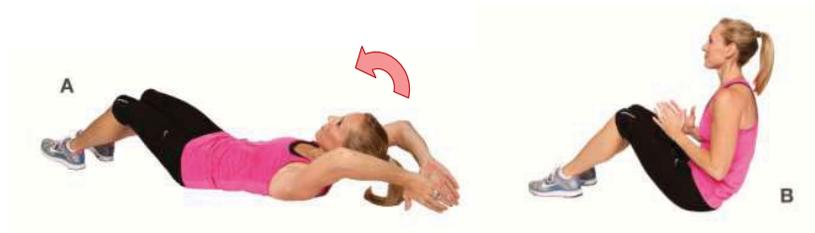
### Modifications and Tips:

- 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



**Are You Ready?**

## Sit-Ups



### Instructions:

- Lie on your back with a slight bend in your legs and arms reaching overhead;
- Start to swing your arms forward (as if you're throwing a ball down a hallway);
- Continue the momentum of the arm swing to perform a full sit-up;
- Lower your body to the starting position, and repeat.
- Repeat for the suggested number of repetitions or time.

### Tips and Modifications:

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## Thoracic Bridge ("Breakdancer")



### 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.

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## 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!

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## Alternating V-Ups



### Instructions:

- Lay on your back, completely outstretched;
- Perform a V-Up, reaching the right hand to the left shin/ foot as you sit up;
- Return back to the starting position;
- Repeat on the opposite side;
- Perform the suggested number of rep's.

### Modifications and Tips:

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## Jump Squat



### Instructions:

- Take a stable "Athletic Stance";
- Lower yourself down into a squat position (there's no need to drop below parallel);
- Jump up as vigorously as you can, leaving the ground;
- Land softly, cushioning the landing and absorbing impact by bending the knees – returning to the squat position and ready for the next EXPLOSIVE repetition;
- Repeat for the suggested number of repetitions (or time).

### Tip and Modifications:

- As you lower down into the squat, remember that you are "loading" your body for an explosive acceleration upward. Feel the muscles stretch and load for recoil.
- Swing your arms back as you descend
- Create additional upward momentum with a dynamic swing of the arms upward.
- Feel the muscles propel you upward (quads extending the leg, glute's extending the hip, calves extending (pointing the toes) at the ankle).
- Think "violently"! Drive your body upward with every fibre.

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**Are You Ready?**

## 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*.

## V-Ups



### Instructions:

- Lay on your back, legs straight with your arms overhead;
- Raise the upper and lower body off the floor together, bringing the hands towards the legs;
- Lower your body back to laying flat on the floor with arms overhead.

### Modifications and Tips:

- Keep the core tight as you lay back down flat.
- Try and get up off your back and onto your butt.

## Knee Tuck Jump



### Instructions:

- Start in a strong, “stable” and “athletic” stance (cushioned through the legs and hips, and ready to move)
- Swing the arms and jump as high as you can pulling your knees up and into your chest;
- Land softly in the starting position, “loaded” and ready to jump again;
- Perform the suggested number of repetitions.

### Modifications and Tips:

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## 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;
- Hold for the suggested duration or until you feel your form start to deteriorate.

### Modifications and Tips:

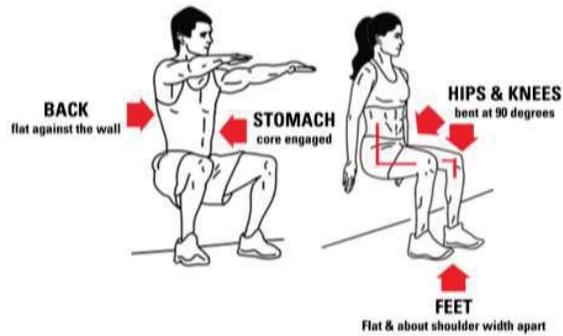
- Make sure that your elbow joints are in line with your shoulder joints.
- Don't think about pushing yourself UP into the flat position. Think about sinking into your forearms and toes and preventing yourself from breaking the flat line through the midsection
- Think about squeezing your glutes, thighs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



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## Wall Sit



### Instructions:

- Find a wall with enough clear space to stand and lean against;
- Take a "squat stance" (feet about hip width apart)
- Lean back against the wall and lower yourself into a squat position as shown) – NOTE the legs are bent at 90 degrees;
- Hold for the suggested length of time

### Modifications and Tips:

- Keep your back flat against the wall.
- For a little added juice, keep your arms straight out in front of you;
- Keep the legs strong. Don't let the knees collapse towards each other.
- If you are using a door as your surface, please make sure that you are leaning in the direction it closes.

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**Are You Ready?**