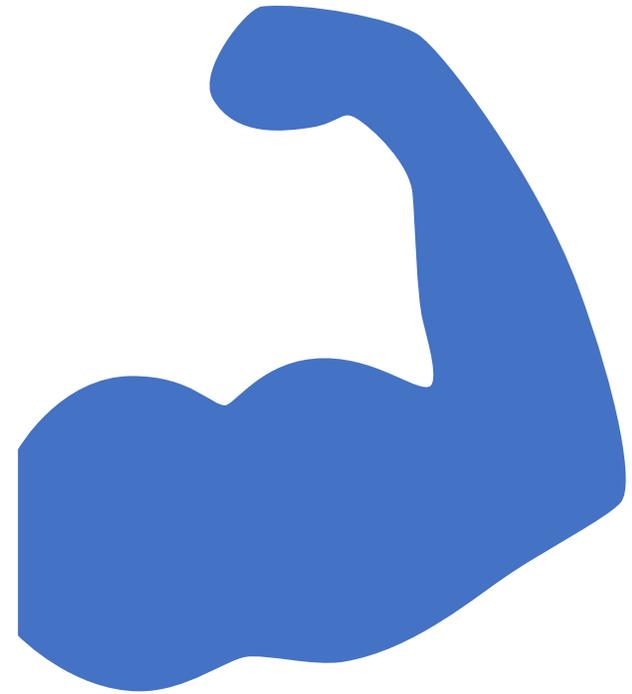


Workout of the Day

Total Body Day!



Workout of the Day #2: Total Body Circuit

Complete each exercise for the designates reps, complete each circuit
1-3 times with 30 seconds rest after each circuit

Round 1

- 30 Lunges
 - 20 Push ups
 - 10 Crunches
- 30 second break

Round

- 30 Jumping Jacks
 - 20 Bicycle Kicks
 - 10 Pike Push ups
- 30 second break

Round 3

- 30 Skaters
 - 20 Diamond Push ups
 - 10 Combo Crunches
- 30 second break

Round 4

- 30 Alternating V-ups
 - 20 Burpees
 - 10 90 degree Jump Squats
- 30 second break

Round 5

- 30 Plank Jacks
 - 20 Wide Push ups
 - 10 Over and Back Lunges (each leg)
- 30 second break

Round 6

- 30 Dead Bugs
 - 20 Up Downs
 - 10 Sprinter Steps
- 30 second break

Lunges

Stand tall with your feet hip distance apart.

Take a large step forward and lower your body toward the floor. Both legs should be bent at a 90-degree angle at the bottom of the lunge. Push off front leg to rise back up to start and repeat on the other side.



Push ups

Start kneeling on an exercise mat or the floor and bring your feet together behind you.

Bend forward to position yourself in a high plank, the top of a pushup position, with your palms flat on the mat, hands shoulder-width apart, and with your fingers facing forward or hands turned slightly in. Your shoulders should be positioned over your hands. Your feet should be together behind you and your back should be flat. Keep your abs pulled in.

Slowly lower your body toward the floor. Maintain a rigid torso and keep your head aligned with your spine. Don't let your low back sag or your hips hike upward.

Continue to lower yourself until your chest or chin touch the ground. Your elbows may flare out during the downward movement.

Press upward with your arms. Continue pressing until your arms are fully extended at your elbows and you're back in the plank, at the top of the pushup position

Modification: If this is too difficult, start on your knees



Crunches

Lie down on your back. Plant your feet on the floor, hip-width apart. Bend your knees and place your arms across your chest. Contract your abs and inhale.

Exhale and lift your upper body, keeping your head and neck relaxed.

Inhale and return to the starting position



Jumping Jacks

Stand upright with your legs together, arms at your sides.

- Bend your knees slightly, and jump into the air.
- As you jump, spread your legs to be about shoulder-width apart. Stretch your arms out and over your head.

Jump back to starting position.

Repeat.



Bicycle Kicks

Start lying flat on your back, legs fully extended, and both hands behind the head.

Begin by pressing your lower back into the ground. This will eliminate any arch in the low back and help engage your core before starting any movement.

From here, bring both hands behind the head and raise the shoulders off the floor.

Next bring your right knee toward your chest and simultaneously rotate your shoulders to bring the left elbow toward the right knee.

Make sure to keep the leg that isn't bending fully extended and low to the floor to get the best engagement.

After touching the right knee to the left elbow, rotate your shoulder and bring the left knee to the right elbow. Perform these movements slowly and controlled for the best core-burning results.



Pike Push ups

Assume a pushup position on the floor. Your arms should be straight, and your hands should be shoulder-width apart.

Now lift up your hips so that your body forms an upside-down V. Your legs and arms should stay as straight as possible.

Bend your elbows and lower your upper body until the top of your head nearly touches the floor.

Pause, and then push yourself back up until your arms are straight.

Modification: to make the movement less intense, place hands on a raised surface like chair or coffee table.



Skaters



Start with your legs slightly wider than shoulder distance apart and arms at the sides.

Bring one leg behind at a slight angle into a reverse lunge. The front knee will come to a 90-degree angle.

Swing the arms in front of that bent knee and leap the back leg forward to switch sides in a skating motion. Arms alternate as you switch sides like a speed skater.

Diamond Push ups

Get on all fours with your hands together under your chest. Position your index fingers and thumbs so they're touching, forming a diamond shape, and extend your arms so that your body is elevated and forms a straight line from your head to your feet.

Lower your chest towards your hands, ensuring you don't flare your elbows out to the sides and keeping your back flat. Stop just before your chest touches the floor, then push back up to the starting position.

Modification: The diamond push-up is hard, so if you're finding it tough to get through more than a handful of them at a time, don't be afraid to drop onto your knees to complete a few more reps.



Combo Crunches

Lie on your back with your legs elevated, knees bent, and ankles crossed. Place your hands behind your head. Keep your head and neck in alignment as you perform the exercise.

Slowly and gently contract the upper body toward the lower body while lifting the hips off the floor. Slowly lower to starting position.



Alternating V-ups

Start lying on your back with your arms reaching toward the ceiling.

Exhale and roll up while lifting your left leg up. Pause at the top and reach for your toes before rolling slowly back down to the mat. Then perform on the other side.



Burpees

Stand with your feet shoulder-width apart, weight in your heels, and your arms at your sides.

Push your hips back, bend your knees, and lower your body into a squat.

Place your hands on the floor directly in front of, and just inside, your feet. Shift your weight onto your hands.

Jump your feet back to softly land on the balls of your feet in a plank position. Your body should form a straight line from your head to heels. Be careful not to let your back sag or your butt stick up in the air, as both can keep you from effectively working your core.

Jump your feet back so that they land just outside of your hands.

Reach your arms over head and explosively jump up into the air. Land and immediately lower back into a squat for your next rep.



90 degree Jump Squats

Add a little twist to your squat jump to build agility and coordination in addition to lower-body strength.

Stand with your feet hip-width apart, holding a medicine ball. Squat down and tap the ball lightly on the floor. Jump up out of your squat, rotating your body midair 90 degrees, landing in a squat, and tap the ball on the ground. Continue rotating until you land back into your starting position, and then repeat on the other side. Try one full circle to the right and one to the left.

Modification: Don't have a medicine ball handy? Grab a dumbbell, unopened bag of sugar or just reach your arms instead.



Plank Jacks

Begin in plank position, with your shoulders over your wrists, your body in one straight line, and your feet together.

Like the motion of a jumping jack, jump your legs wide and then back together. Jump as quickly as you want but keep your pelvis steady and don't let your booty rise toward the ceiling.

Modification: Get into low plank position, keeping butt low jump toes in and out. For a low impact modification tap toes in and out. Elevate hands to modify further.



Wide Push ups

Start in high plank position with feet together and hands slightly wider than shoulder-width apart, fingers pointing forward or slightly outward. Engage quads and core as if holding a plank.

Bend elbows out to the sides to lower torso toward the floor, pausing when chest is just below elbow height.

Exhale and press into palms to push body away from the floor to return to starting position, moving hips and shoulders at the same time.



Alternating Forward to Reverse Lunge

Start standing with your feet shoulder-width apart. Hold a dumbbell in each hand with your arms resting along the sides of your legs, palms facing in. This is the starting position.

Lift your right foot, step forward about 2 feet, and plant it firmly on the floor. Bend both knees until your right quad and left shin are approximately parallel to the floor. Your torso should lean slightly forward so your back is flat and not arched or rounded. Your right knee should be above your right foot and your butt and core should be engaged.

Push through the heel of your right foot to return to the starting position.

Then, step your right foot back about 2 feet, landing on the ball of your foot and keeping your heel off the floor. Bend both knees until your left quad and right shin are approximately parallel to the floor. Your torso should lean slightly forward so your back is flat and not arched or rounded. Your left knee should be above your left foot and your butt and core should be engaged.

Push through the heel of your left foot to return to the starting position. That's 1 rep.

Do all your reps on one leg, then repeat with the other leg.



Dead Bugs

Allow your shoulders and lower back to fall heavy to the floor.

Draw your shoulders down away from your ears. To get into the starting position, lift your hands so your elbows are above your shoulders with your fists facing in toward each other.

Lift your legs so your knees are directly over your hips.

On an exhale, slowly lower your right arm and left leg until they're just above the floor.

On an inhale, bring them back to the starting position.

Repeat on the opposite side.

This is 1 rep.



Army Crawl Planks

Begin in a plank position with your shoulders over your wrists, your feet together, and your body in a straight line.

- Bend your left arm so that it is now in forearm plank position.

Then bend your right arm so you are in a full forearm plank position.

Lift your left hand and place it on the mat directly below your shoulder as you push through your palm to lift yourself.

As you reach the top, place your right palm on the floor under your right shoulder and push back into a full plank. Repeat, leading with the right arm.



Sprinter Step

Stand tall with your feet shoulder-width apart.

- Step your right leg back into a reverse lunge, going as low as you can while keeping your back straight and making sure your left knee doesn't go too far past the toe.

Hold this lunge position for a 3 count then drive your right knee forward and upward.

