

A scenic landscape with a blue sky, a dark green forest, and a white field. The text "Workout of the Day" is overlaid on the forest area.

Workout of the Day

Dirty Dozen

1

Start at the top of the list of 12 exercises and work your way to the bottom.

2

Complete 12 reps of each exercise.

3

When you have completed the list of exercises, start over and complete 24 reps of each exercise.

4

Finish your work by repeating the exercise list one more time, doing 12 reps of each exercise.

Dirty Dozen

Dirty Dozen



1. Jump Squats
 2. Lunges
 3. Dips
 4. Pike Push Ups
 5. Sumo Squat Jump
 6. Burpees
1. Army Crawl
 2. Plank Jacks
 3. Bicycle Kicks
 4. Single Leg V-ups
 5. Forward To Reverse Lunge
 6. Push Up

Jump Squats



- Stand with your feet shoulder-width apart.
- Start by doing a regular squat, then engage your core and jump up explosively.
- When you land, lower your body back into the squat position to complete one rep. Land as quietly as possible, which requires control.

** Modification: Removing the jump to lower the impact **

Jumping Lunges



- Starting standing with feet shoulder-width apart. Jump your left leg forward and your right leg back into a lunge, with both knees at 90 degrees.
- Jump up and switch your legs in midair so that you land in a lunge with your right leg in front.
- Continue jumping back and forth, pausing as little as possible.

** Modification: Removing the jump to lower the impact **

Dips



- Position your hands shoulder width apart on the floor or on a secured bench or stable chair.
- Move your booty in front of the bench with your legs out in front of you and feet placed about hip width apart on the floor.
- Straighten your arms, and keep a little bend in your elbows in order to always keep tension on your triceps and off your elbow joints.
- Now slowly bend at your elbows, and lower your upper body toward the floor until your arms are at about a 90-degree angle. Be sure to keep your back close to the bench.
- Once you reach the bottom of the movement, slowly press off with your hands, and push yourself straight back up to the starting position.
- This counts as one rep.

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 **

Sumo Squat Jump



- Stand with your feet shoulder width apart and slightly turned out, arms resting on your hips.
- Bend your knees and pli , then jump up explosively. Keep your core engaged.
- Land with control, lowering your body back into the squat position to complete one rep.

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.

Army Crawl



- 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.

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: For a low impact modification tap toes in and out. Elevate hands to modify further

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 to 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

Single Leg 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. Repeat.

Forward To Reverse Lunge



- Start standing with your feet shoulder-width apart. 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

Push Up



- 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