




Workout of the Day

Cardio and Abs Day: 4X4




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Equipment:

- Mat
- Timer

4X4 Workout:

- Complete each set of 4 exercises, 4 times
 - 1st and 3rd times through: 30 each exercise
 - 2nd and 4th times through: 45 seconds
 - Take breaks as you need them
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Cardio and Abs Day: 4X4

1: Cardio

- Jumping Jacks
- Squat Jumps/ Pulsing Squats
- Skaters
- Alternating Lunges

2: Abs


- Plank
- Side Plank Right
- Side Plank Left
- Alternating Arm Reach Plank

3: Cardio and Abs

V-sit in and outs
Plank Jacks
Bicycle Kicks
Mountain Climbers

4: Abs and Cardio

Leg Drops
Burpees
Reverse Crunch
Plank Walkouts



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.





Squat Jumps/ Pulsing 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.

Skaters

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- 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.

Alternating Lunges



- Stand tall with feet hip-width apart. Engage your core.
- Take a big step forward with right leg. Start to shift your weight forward so heel hits the floor first.
- Lower your body until right thigh is parallel to the floor and right shin is vertical. It's OK if knee shifts forward a little as long as it doesn't go past right toe. If mobility allows, lightly tap left knee to the floor while keeping weight in right heel.
- Press into right heel to drive back up to starting position.

Plank



- Get face down on the floor resting on your forearms and knees.
- Push off the floor, raising up off your knees onto your toes and resting mainly on your elbows.
- Contract your abdominals to keep yourself up and prevent your booty from sticking up.
- Keep your back flat — don't let it droop or you'll be defeating the purpose. Picture your body as a long straight board, or plank.

Side Plank

- Lie on one side with your legs stacked and fully extended.
- Using your lower elbow and forearm, prop your body up, making sure to keep your abs tight the entire time. Your body should form a straight line from shoulders to ankles.



Alternating Arm Reach Plank

- Start in an elbow plank with your palms facing up.
- With your abs pulled toward your spine, reach your right arm forward keeping your torso as still as possible. Bring your elbow back to the mat. This completes one rep.



V-sit in and outs



- Start in a seated position with your knees bent and feet off the floor. Your chest should be open and lifted.
- With your arms by your sides, slowly unfold from your seated v by simultaneously lowering your torso and legs toward the floor. Stop when your legs are around a 45-degree angle, or when you feel your lower back arch away from the floor. Be sure to keep your head and shoulders off the floor and your lower back pressed into the mat.
- With your core tight and tucked, use your abs to return to the starting position.

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.



Bicycle Kicks



- Lie face up and place your hands behind your head, supporting your neck with your fingers.
- Have your abs tucked in and the small of your back pushed hard against the floor. Lift your knees in toward your chest while lifting your shoulder blades off the floor.
- Rotate to the right, bringing the left elbow towards the right knee as you extend the other leg into the air.
- Switch sides, bringing the right elbow towards the left knee.
- Alternate each side in a pedaling motion.

Mountain Climbers



- Start in plank with your shoulders over your hands.
- With your core engaged, bring your left knee forward toward your chest. Switch legs, bringing the right knee forward while moving the left leg back. This completes one rep.
- Keep switching legs and begin to pick up the pace until it feels a little like running in place in a plank position.

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Leg Drops

- Start lying on back with legs straight up above hips and arms along side body.
- Tighten your abdominals and press low back into mat as you slowly lower your legs as far as you can without letting your back lift. Slowly lift legs back to start position and repeat.

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



Reverse Crunch

- Lie on your back, arms by your side with palms facing down to help create balance needed for the lift. Bend your knees at 90 degrees and lift your feet up so your thighs are perpendicular to the floor. Pressing into your palms and engaging your core, lift your hips off the floor as you crunch your knees toward your chest. Hold the crunch at the top of the movement, then begin to lower your hips, controlling the descent and not letting your back arch off the ground. That's one rep.



Plank Walkouts

- Stand at the back of your mat and circle your arms out to the sides to reach toward the ceiling. Look up, and feel your chest opening up.
- Keeping your back straight, bend forward, hinging at your hips to bring your hands to the mat. This position brings length to the back of the legs. If your hamstrings are tight, bend your knees a bit to take tension off the muscles.
- Walk your hands forward, moving into a plank, and hold each step to stretch your calves a bit. This warms up the shoulders and hands nicely.
- Hold the plank for a few seconds to really wake up your core.
- From your plank, walk your hands back to your feet until you are in another forward bend. Slowly roll up to standing, letting your head hang and keeping your neck relaxed.

