

Thursday Meltdown

Workout of the Day



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Equipment Needed:

- Weights
- Jug filled with water

Thursday Meltdown

Make sure you do a warmup:

- 10 minute fast paced walk or jog
- Dynamic Stretching

Workout: 5 Rounds!

- 10 Goblet Squats + 10 Tuck Jumps
- 10 Decline Push-ups + 10 Pike Push-ups
- 10 Walking Lunges each leg (Weights optional)
- 10 Shoulder Press (band/weight)
- 10 Air Squats + 10 Jump Squats
- 10 Overhead Triceps Press + 10 Dips
- 10 Combo Crunches + 10 Dead Bugs (each way)

** Take breaks as you need. Try to take your break after you have completed the 10 repetitions of the exercise.



Goblet Squats

- Stand with your feet slightly wider than hip-distance apart, your toes angled slightly outward. Hold a weight in both hands at your chest, bending your elbows so the weight is positioned right at the center of your chest.
- Press your hips back and begin bending your knees to perform the squat. Inhale as you perform this downward phase.
- Press through your heels and reverse the motion to return to the starting position. Exhale as you rise, and be sure to press your hips forward at the top of the squat to more fully engage your glutes.



Tuck Jumps

- Start with your feet apart and your chest up
- Drop your butt back and down
- Drive your arms up and push off the floor
- Lift your knees toward your chest
- Bend your knees as you land to absorb the impact



Decline Push-ups

- Assume a standard push-up position with your hands on the floor and your feet elevated on a sturdy bench, step or box. Your arms should be straight, hands slightly wider than shoulder-width, and body straight from head to heels.
- Keeping your body straight and core engaged, slowly lower your chest as close to the floor as possible.
- Return to the starting position

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 **



Walking Lunges

- Stand upright, feet together, and take a controlled step forward with your right leg, lowering your hips toward the floor by bending both knees to 90-degree angles. The back knee should point toward but not touch the ground, and your front knee should be directly over the ankle.
- Press your right heel into the ground, and push off with your left foot to bring your left leg forward, stepping with control into a lunge on the other side.



Overhead Shoulder Press

- Hold a dumbbell in each hand just above the shoulders, palms facing in.
- Straighten the arms above you.
- Bend the elbows coming back to the starting position to complete one rep.



Air Squats

- Stand facing forward with your chest up.
- Place your feet shoulder-width apart or slightly wider.
- Bend at your knees and hips, sticking your butt out like you're sitting into an imaginary chair.
- Keep your chest lifted and your spine neutral, and do not let your lower back round.
- Squat down as low as you can, keeping your head and chest lifted. Keep your knees over your ankles and press your weight back into your heels.
- Keep your body tight, and push through your heels to bring yourself back to the starting position. This is one rep.



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 **



Overhead Triceps Press

- Stand with feet hip-width apart, holding one dumbbell in your hands. Bring the weight overhead, extending your arms straight so the dumbbell is above your head.
- Keeping everything from your shoulders to elbows still, slowly bend your elbows, lowering the weight behind your head until your arms are just lower than 90 degrees.
- Your elbows should point forward, not out to the side. Pause, and raise back to straight.



Dips

- Position your hands shoulder width apart on the step.
- 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.

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.



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.

