ALL-STAR WORKOUT EXTRAS

Workout Instructions ~ 19 August, 2015

Workout Focus: Upper Body & Core Strength (this workout is designed for people with a lower body injury, but great strengthening for anyone!)

You Need: A mat, a timer

Suggested Warmup: arm swings and arm circles. If you are not injured, do 5 minutes of activity like jumping jacks, jogging, bum kicks, skipping, etc.

Gun Show Workout:

Perform 2 or 3 sets of the following:

10 Push-Ups
30 Penguins (both sides = 1 rep)
20 Tabletop toe-taps
20 Side bridge leg lifts, each side
10 Tricep Push-Ups
10 Push-Ups
30 second V-sit

Stability training: Included in the workout!

Finish: Stretch shoulders and back!

Notes:

Tabletop toe-taps: Ensure that you are engaging your lower abdominal muscles to initiate the movement of your legs. Try to keep your hips and upper body still, and your lower back in contact with the mat. You may hold your head raised, or keep it resting on the mat.

Side bridge leg lifts: Maintain a straight line from your head through your shoulders, hips, and heels. It helps to line yourself up with the back edge of the mat. I show three modifications in the video. On side 1 I show the full movement, with hips raised and my lower (right) leg bent and taking my weight. On side 2 I'm unable to bear that weight on my injured leg, so I've modified to just keep my hips on the ground and do a simple leg lift. You can do this with your upper body raised up onto your elbow, or lying down fully.

Tricep Push-ups: A little hard to see the difference in the video, but for these, simply set up with your hands slightly wider than shoulders, and keep your elbows close to your ribs as you lower and rise. For the regular push-ups, your hands may be a little wider (if that's comfortable for you) and your upper arms will make about a 45-degree angle with your torso, in the down position.

V-Sit: The easier modification is with bent knees, shins making a table top. If you're strong enough to maintain a flat lower back in this position, you may try the harder version, with legs extended.

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