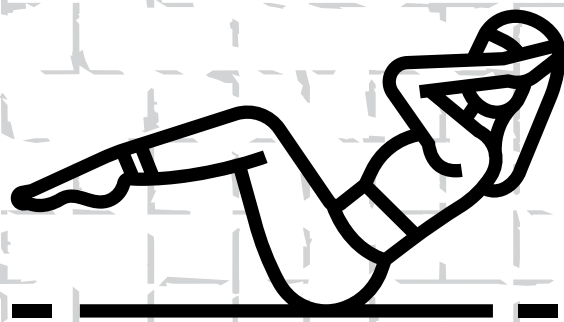


WEEK 4



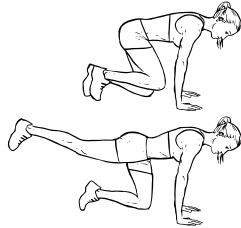
**ASCENT**

# Ascent

22 min · Abs, Arms, Legs, Shoulders

We're going to begin by climbing our own 'fitness mountain' with an ascent workout! The exercises begin relatively easy and progressively become harder with each movement. Let's do this!

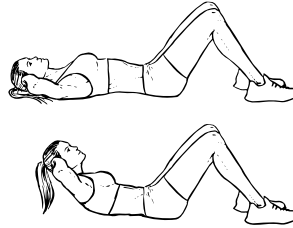
## Donkey Kicks



20 reps

Let's get started! Go for 10 reps per leg here and then dive straight in to exercise 2!

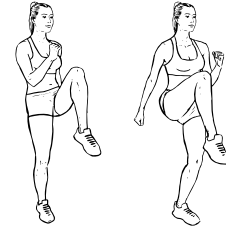
## Crunches



10 reps

Need a break yet? Take it if necessary! Then, on to exercise 3!

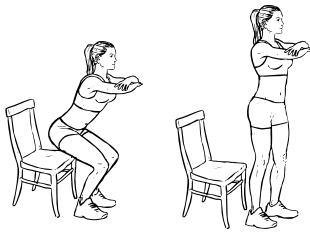
## High Knees



20 reps

Again, go for 10 reps per leg. If you have any queries, take a peak at the exercise instructions below!

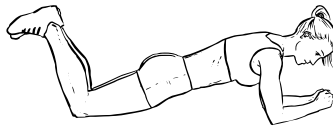
## Chair Squats



10 reps

Try not to spend too long in that chair! Only allow it to touch your bum before moving on.

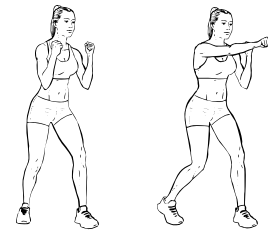
## Knee Plank



20 secs

Hold out a 20 second plank and let the core development begin!

## Shadow Boxing



20 reps

Aim for 20 left/right combinations and then take a short water break. You are the champ!

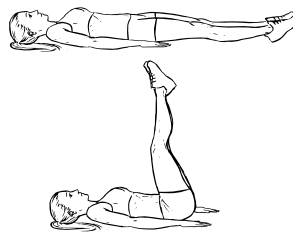
## Jump Squats



6 reps

6 squat jumps to add a little sweat to the workout. Pretend there are snakes on the ground for added height!

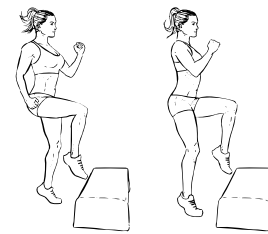
## Lying Leg Raises



10 reps

You're so close! Keep going!

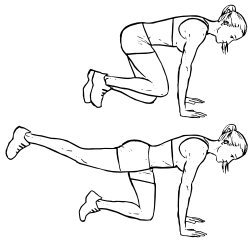
## Toe Taps



20 reps

Let's get ready for round 2 once these taps are done.

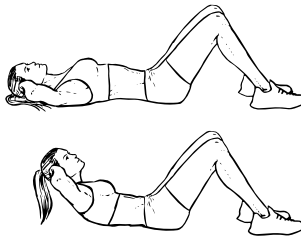
Donkey Kicks



20 reps

Let's go for another round!

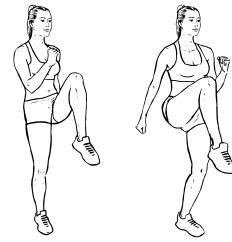
Crunches



10 reps

Rest a little, then move on!

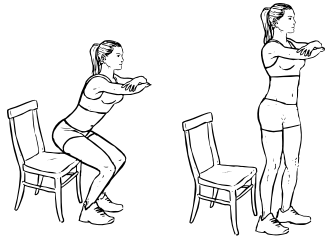
High Knees



20 reps

10 reps per leg, you've got this!

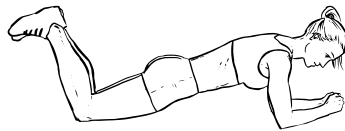
Chair Squats



10 reps

Only allow it to touch your bum before moving on.

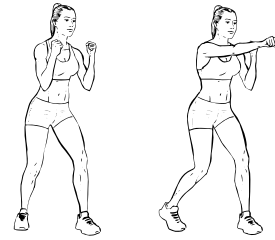
Knee Plank



20 secs

Hold it steady!

Shadow Boxing



20 reps

Stick and move!

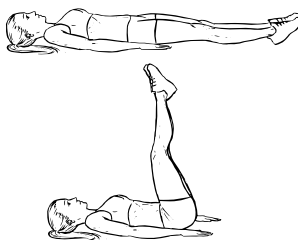
Jump Squats



6 reps

Get nice and low with each rep!

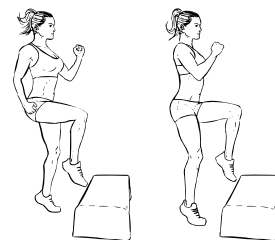
Lying Leg Raises



10 reps

Don't let those feet touch the floor!

Toe Taps



20 reps

You're on fire! Give yourself a pat on the pack.

## Donkey Kicks

Primary muscle group(s):

Glutes & Hip Flexors

Secondary:

Abs

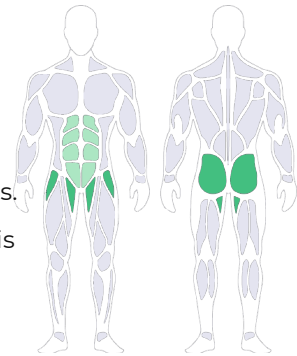
Position yourself on all fours on a mat.

Position your hands underneath your shoulders and place your knees under your hips.

Keep your right knee bent at 90 degrees and flex the foot as you lift the knee until it is level with the hip.

Lower the knee without touching the floor and repeat the lift.

Once you've completed the reps on the right leg, switch legs.



## Crunches

Primary muscle group(s):

Abs

Lie flat on your back with your feet flat on the ground, with your knees bent at 90 degrees. Alternatively, you can place your feet up on a bench a few inches apart with your toes turned inwards and touching.

Place your hands lightly on either side of your head.

Keep your elbows in so that they are parallel to your body.

Push your back down flat into the floor to isolate your abdominal muscles.

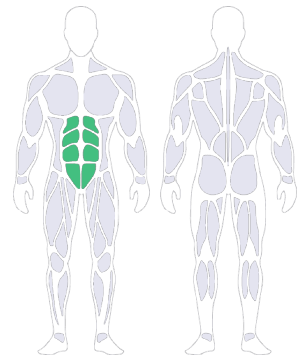
Gently curl your shoulders forward and up off the floor.

Continue to push down into the floor with your lower back.

Raise your shoulders about four to six inches only.

Hold and squeeze your abdominal muscles for a count of one.

Return to the start position in a smooth movement.



## High Knees / Front Knee Lifts / Run / Jog on the Spot

Abs

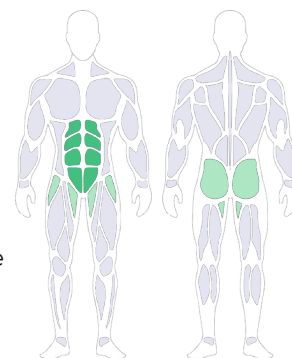
Glutes & Hip Flexors

Begin jogging in place, lifting the knees as high as you can.

Try to lift your knees up to hip level but keep the core tight to support your back.

For a more advanced move, hold your hands straight at hip level and try to touch the knees to your hands as you lift them.

Bring the knees towards your hands instead of reaching the hands to the knees!



## Chair Squats

Primary muscle group(s):

Glutes & Hip Flexors, Quadriceps

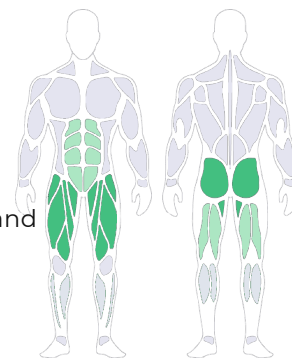
Secondary:

Abs, Calves, Hamstrings

Place a chair behind you. Stand up straight with a tight core and flat back. Fold your arms in front. Your feet should be shoulder-width and toes pointing forward.

Slowly descend by bending your knees and driving your hips back. Keep your chest and head up.

Touch the chair with your butt then slowly rise back to the starting position.



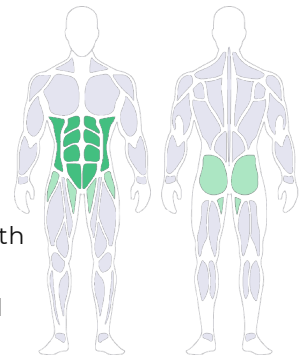
## Knee Plank

, Obliques

Lie face down on the ground with your legs together and your arms at your sides. Position your hands beneath your shoulders.

Tighten your core and elevate your upper body off the ground, stabilizing yourself with your forearms. Your feet, shins, and knees will remain on the ground.

Do not allow your hips to drop down. Hold the tension in your core for the prescribed amount of time. Slowly release back to the starting position.



## Shadow Boxing

Primary muscle group(s):

Abs, Biceps, Shoulders, Triceps

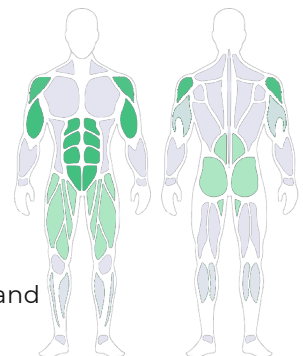
Secondary:

Calves, Glutes & Hip Flexors, Lower Back, Quadriceps, Shoulders, Triceps

Stand tall with a tight core. Keep your gaze straight ahead. Bring your hands up to shoulder level. Make a tight fist with the thumb on the outside of your hand. Do not wrap your fingers around your thumb.

Begin in a left lead stance. Your left foot should be in front. Your right foot should be behind. Throw a left lead jab by extending your left hand straight out in front of you and immediately retracting.

Follow up the left jab with a right cross. Twist your foot and drive your right hip forward as you throw a straight punch with your back right hand. Alternate these two punches. Switch sides when finished with the prescribed repetitions.



## Jump Squats

, Quadriceps

, Calves, Hamstrings

Stand with your feet hip width apart. Your toes should be pointing straight ahead or only slightly outward.

Cross your arms in front of your body, place your hands behind your head or at the sides of your head.

Keep your weight on your heels and bend your knees while lowering your hips towards the ground as if you are sitting down on a chair.

Keep your back straight at all times.

Continue until you feel a slight stretch in your quadriceps. Do not let your knees extend out beyond the level of your toes.

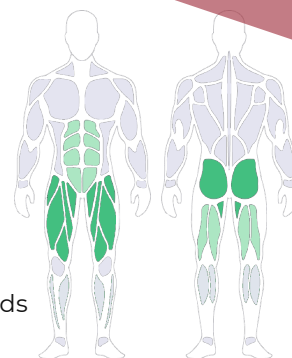
Pause for a count of one.

In an explosive movement, drive down through your heels pushing yourself up of the floor with your quads.

At the same time extend our arms out above you.

Land with your knees slightly bent to absorb the impact.

Repeat



## Lying Leg Raises / Lifts

Primary muscle group(s):

Abs

Secondary:

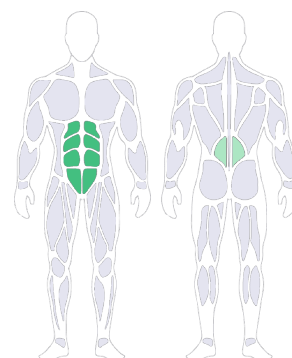
Lower Back

Lie on your back on a mat with hands under your lower buttocks on either side to support your pelvis.

Legs straight out in front of you, ankles together and feet slightly off the floor.

Keep your knees straight and raise your legs by flexing the hips until they are completely flexed.

Return to starting position.



## Toe Taps

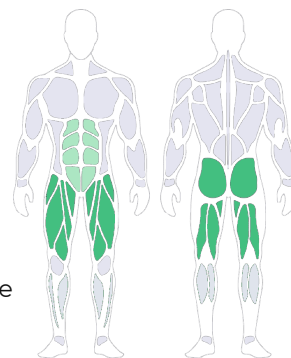
Hamstrings, Quadriceps

with the edge of your left foot on a stepper or short platform. Your right foot will be flat on the ground underneath your hips.

Push off the ground with your right foot and switch legs in mid-air.

You will land with the edge of your right foot on the platform and your left foot on the ground.

Continue this movement, alternating feet and tapping the edge, without stopping.



## Donkey Kicks

Primary muscle group(s):

Glutes & Hip Flexors

Secondary:

Abs

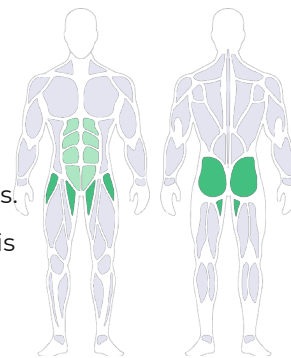
Position yourself on all fours on a mat.

Position your hands underneath your shoulders and place your knees under your hips.

Keep your right knee bent at 90 degrees and flex the foot as you lift the knee until it is level with the hip.

Lower the knee without touching the floor and repeat the lift.

Once you've completed the reps on the right leg, switch legs.





## Crunches

Lie flat on your back with your feet flat on the ground, with your knees bent at 90 degrees. Alternatively, you can place your feet up on a bench a few inches apart with your toes turned inwards and touching.

Place your hands lightly on either side of your head.

Keep your elbows in so that they are parallel to your body.

Push your back down flat into the floor to isolate your abdominal muscles.

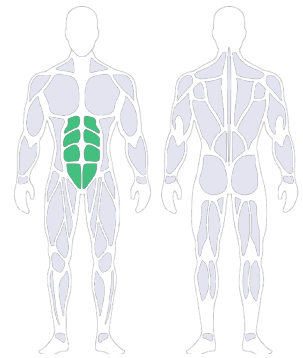
Gently curl your shoulders forward and up off the floor.

Continue to push down into the floor with your lower back.

Raise your shoulders about four to six inches only.

Hold and squeeze your abdominal muscles for a count of one.

Return to the start position in a smooth movement.



## High Knees / Front Knee Lifts / Run / Jog on the Spot

Primary muscle group(s):

Abs

Secondary:

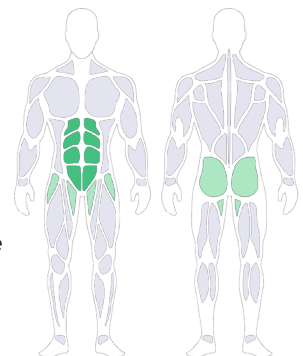
Glutes & Hip Flexors

Begin jogging in place, lifting the knees as high as you can.

Try to lift your knees up to hip level but keep the core tight to support your back.

For a more advanced move, hold your hands straight at hip level and try to touch the knees to your hands as you lift them.

Bring the knees towards your hands instead of reaching the hands to the knees!

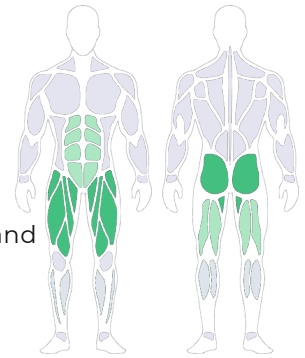


## Chair Squats

Place a chair behind you. Stand up straight with a tight core and flat back. Fold your arms in front. Your feet should be shoulder-width and toes pointing forward.

Slowly descend by bending your knees and driving your hips back. Keep your chest and head up.

Touch the chair with your butt then slowly rise back to the starting position.



## Knee Plank

Primary muscle group(s):

Abs, Obliques

Secondary:

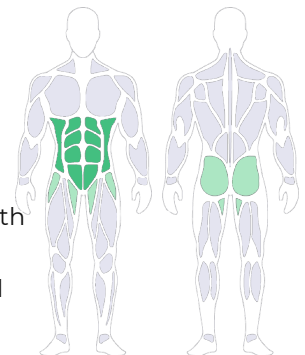
Glutes & Hip Flexors

Lie face down on the ground with your legs together and your arms at your sides.

Position your hands beneath your shoulders.

Tighten your core and elevate your upper body off the ground, stabilizing yourself with your forearms. Your feet, shins, and knees will remain on the ground.

Do not allow your hips to drop down. Hold the tension in your core for the prescribed amount of time. Slowly release back to the starting position.



## Shadow Boxing

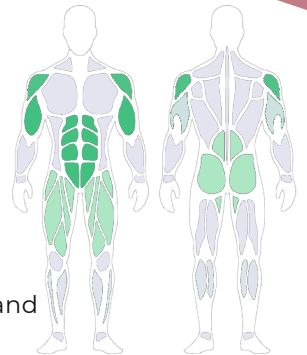
Biceps, Shoulders, Triceps

Calves, Glutes & Hip Flexors, Lower Back, Quadriceps, Shoulders, Triceps

Stand tall with a tight core. Keep your gaze straight ahead. Bring your hands up to shoulder level. Make a tight fist with the thumb on the outside of your hand. Do not wrap your fingers around your thumb.

Begin in a left lead stance. Your left foot should be in front. Your right foot should be behind. Throw a left lead jab by extending your left hand straight out in front of you and immediately retracting.

Follow up the left jab with a right cross. Twist your foot and drive your right hip forward as you throw a straight punch with your back right hand. Alternate these two punches. Switch sides when finished with the prescribed repetitions.



## Jump Squats

Primary muscle group(s):

Glutes & Hip Flexors, Quadriceps

Secondary:

Abs, Calves, Hamstrings

Stand with your feet hip width apart. Your toes should be pointing straight ahead or only slightly outward.

Cross your arms in front of your body, place your hands behind your head or at the sides of your head.

Keep your weight on your heels and bend your knees while lowering your hips towards the ground as if you are sitting down on a chair.

Keep your back straight at all times.

Continue until you feel a slight stretch in your quadriceps. Do not let your knees extend out beyond the level of your toes.

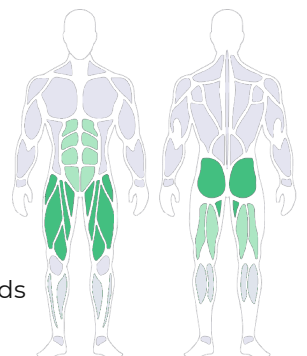
Pause for a count of one.

In an explosive movement, drive down through your heels pushing yourself up off the floor with your quads.

At the same time extend our arms out above you.

Land with your knees slightly bent to absorb the impact.

Repeat



## Lying Leg Raises / Lifts

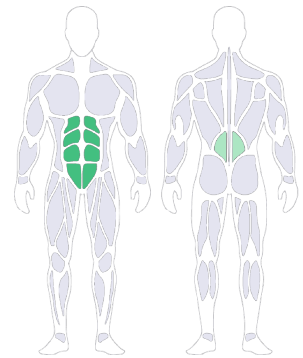
### Lower Back

on your back on a mat with hands under your lower buttocks on either side to support your pelvis.

Legs straight out in front of you, ankles together and feet slightly off the floor.

Keep your knees straight and raise your legs by flexing the hips until they are completely flexed.

Return to starting position.



## Toe Taps

, Hamstrings, Quadriceps

, Calves

Begin with the edge of your left foot on a stepper or short platform. Your right foot will be flat on the ground underneath your hips.

Push off the ground with your right foot and switch legs in mid-air.

You will land with the edge of your right foot on the platform and your left foot on the ground.

Continue this movement, alternating feet and tapping the edge, without stopping.

