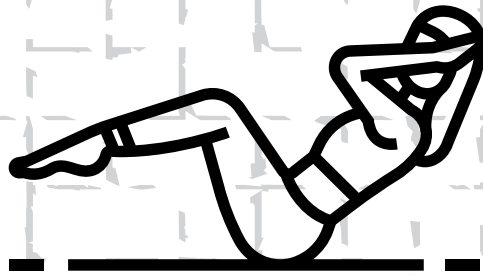


WEEK 1



ASCENT

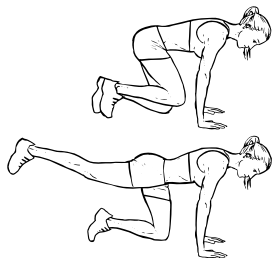
Rongoā Kākāriki

GREEN
PRESCRIPTION

Ascent

37 min · Abs, Arms, Legs, Shoulders

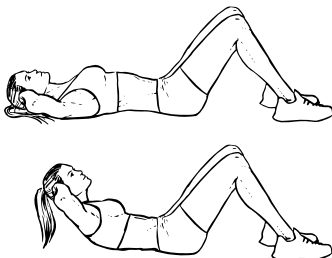
Donkey Kicks



24 reps

Get those 12 reps per leg. Flex those glutes!

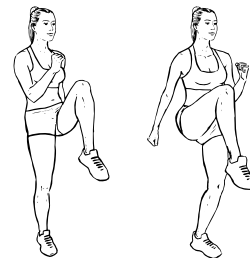
Crunches



12 reps

12 crunches, make sure your shoulders are leaving the ground.

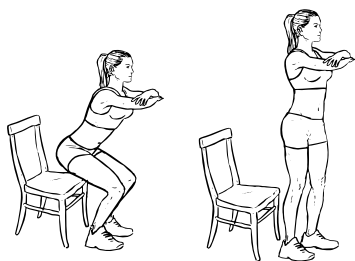
High Knees



24 reps

A hefty 12 reps per leg.

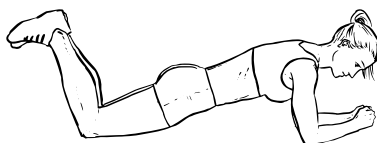
Chair Squats



12 reps

We'll be saying goodbye to the chair next week!

Knee Plank



30 secs

Adding 10 seconds to the plank and more strength to the core.

Shadow Boxing



22 reps

Punch out 22 left/right combinations. Then allow the bell to ring for a short rest.

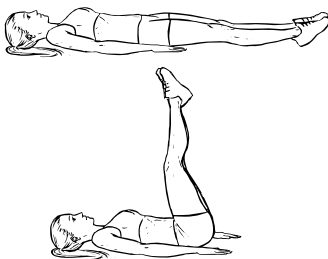
Jump Squats



8 reps

These will be handy in training for your slam dunk.

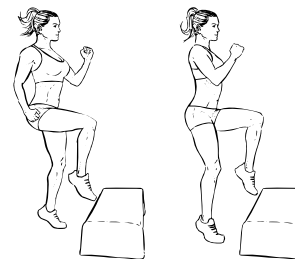
Lying Leg Raises



12 reps

Lift them up and kick the sky!

Toe Taps



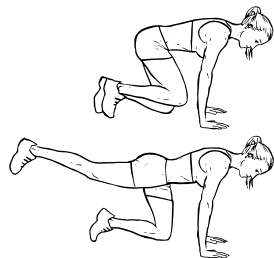
22 reps

Can you go again? My money is on yes!

Ascent

37 min · Abs, Arms, Legs, Shoulders

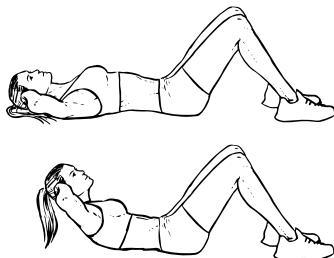
Donkey Kicks



24 reps

Get those 12 reps per leg. Flex those glutes!

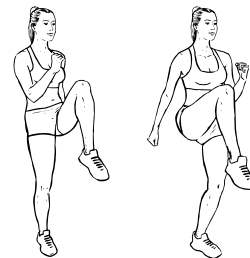
Crunches



12 reps

12 crunches, make sure your shoulders are leaving the ground.

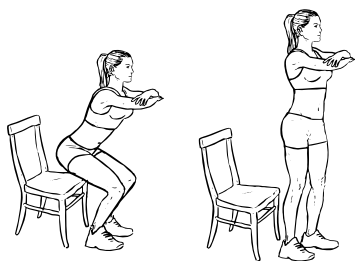
High Knees



24 reps

A hefty 12 reps per leg.

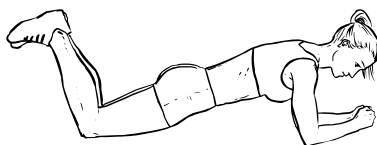
Chair Squats



12 reps

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Knee Plank



30 secs

Adding 10 seconds to the plank and more strength to the core.

Shadow Boxing



22 reps

Punch out 22 left/right combinations. Then allow the bell to ring for a short rest.

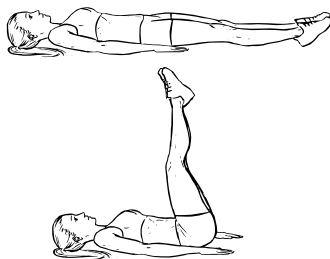
Jump Squats



8 reps

These will be handy in training for your slam dunk.

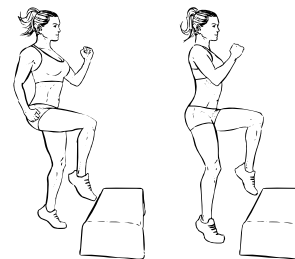
Lying Leg Raises



12 reps

Lift them up and kick the sky!

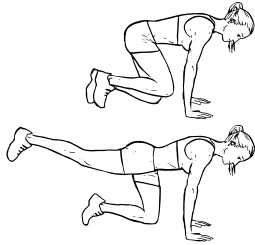
Toe Taps



22 reps

Can you go again? My money is on yes!

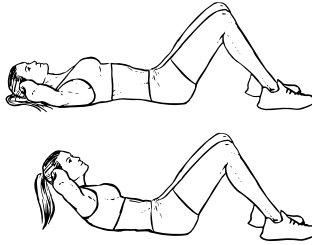
Donkey Kicks



24 reps

Back to exercise 1, let's go!

Crunches

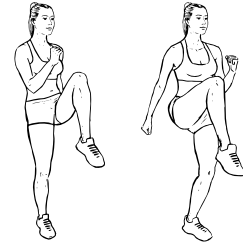


0:30
rest

12 reps

Big crunches are back!

High Knees



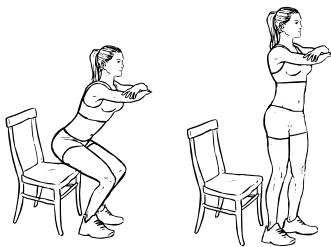
0:30
rest

24 reps

Get them high!

0:30
rest

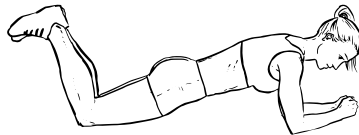
Chair Squats



12 reps

No resting between reps!

Knee Plank

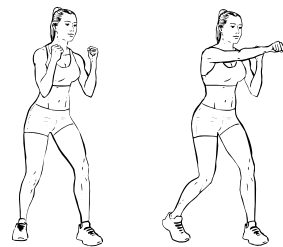


0:30
rest

30 secs

Hold it steady.

Shadow Boxing



0:30
rest

22 reps

Go for the knockout!

0:30
rest

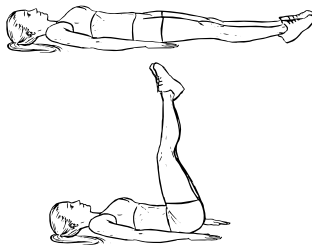
Jump Squats



8 reps

Use the glutes!

Lying Leg Raises

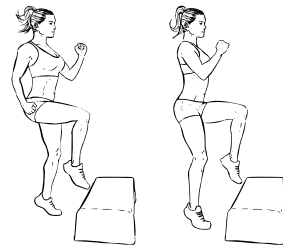


0:30
rest

12 reps

Lower ab time, you've got this.

Toe Taps

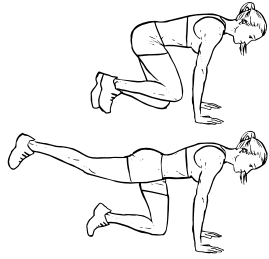


0:30
rest

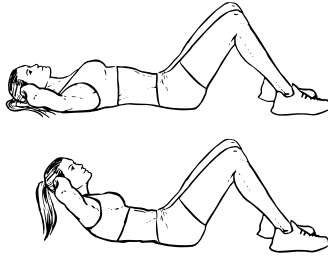
22 reps

Ready for the final round?

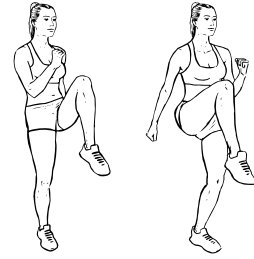
0:30
rest



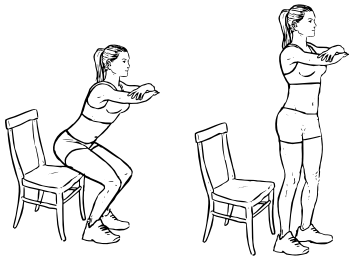
Flex those glutes as you lift!



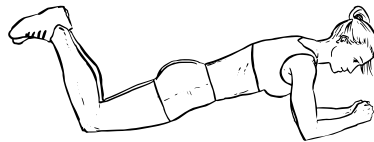
Almost there!



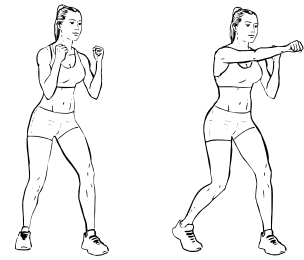
Make these the fastest yet!



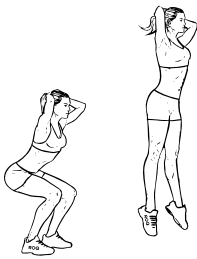
Squat away!



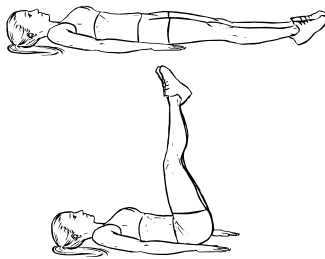
The last plank for today!



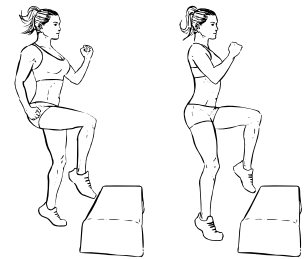
Out for the count!



Slam dunk!



The penultimate exercise. You're so close!



And we're outta here!

Donkey Kicks

Primary muscle group(s):

Glutes & Hip Flexors

Secondary:

Abs

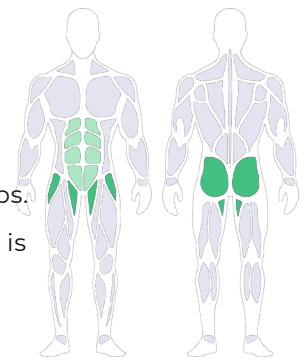
Position yourself on all fours on a mat.

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.

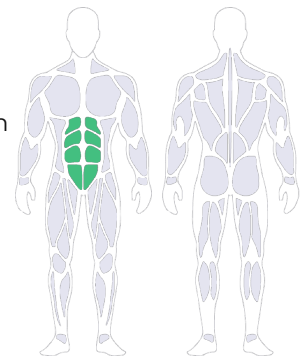
Gently curl your shoulders forward and up off the floor.

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

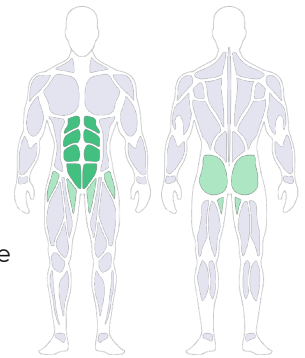
Glutes & Hip Flexors

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

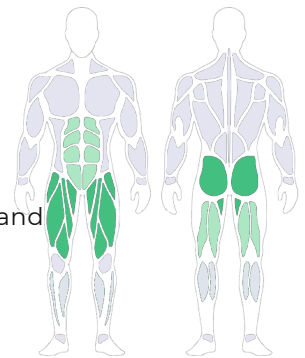
Secondary:

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.



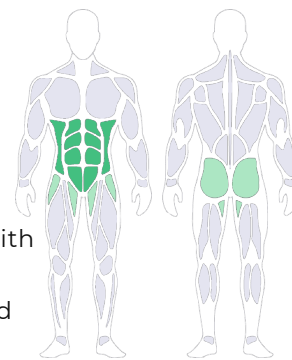
Knee Plank

, 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

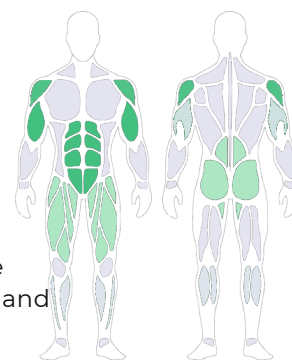
Secondary:

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.

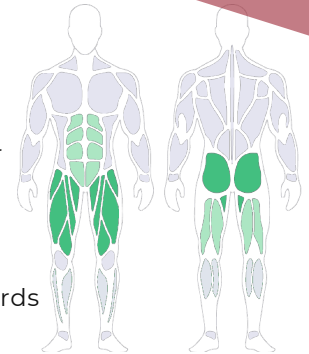
Pause for a count of one.

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:

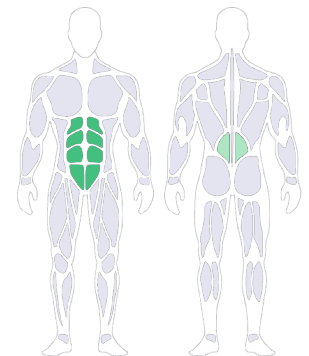
Lower Back

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

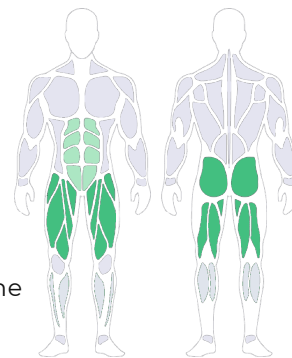
Hamstrings, Quadriceps

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

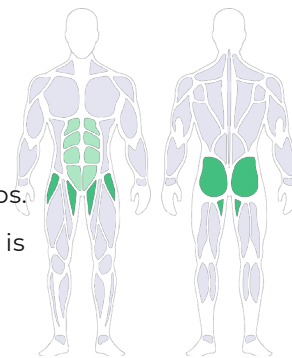
Position yourself on all fours on a mat.

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.

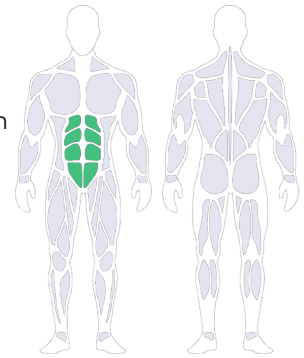
Gently curl your shoulders forward and up off the floor.

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:

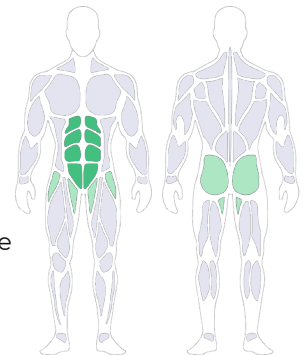
Glutes & Hip Flexors

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!

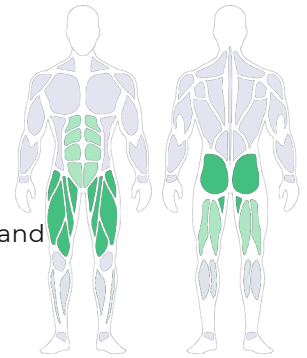


Chair Squats

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:

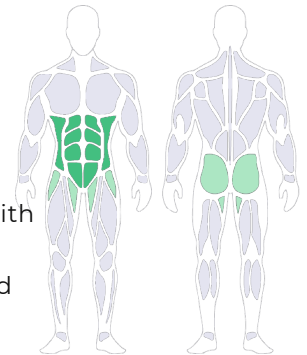
Glutes & Hip Flexors

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

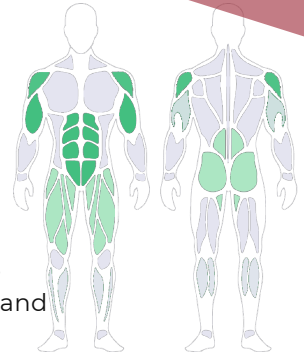
Biceps, Shoulders, Triceps

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.

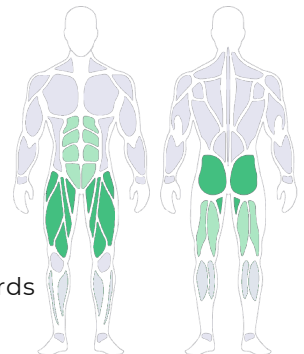
Pause for a count of one.

In an explosive movement, drive down through your heels pushing yourself up 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

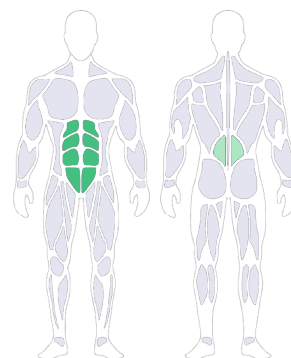
Lower Back

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.

