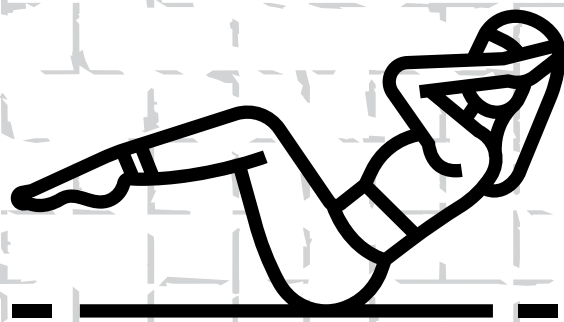


WEEK 3



ASCENT

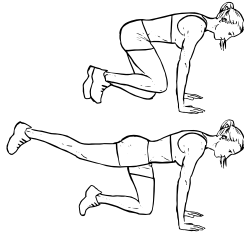
Ascent

27 min · Abs, Arms, Legs, Shoulders



It is certainly time to change things up. Today's ascent only requires 1 completion! Complete every rep of each exercise, quickly, and move on!

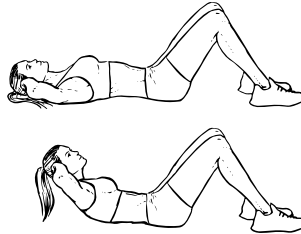
Donkey Kicks



40 reps

Go for the full 40 reps here, can you go non stop? Turn up that music and blast!

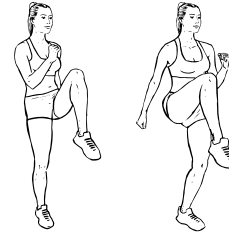
Crunches



40 reps

Repping like there's no tomorrow!

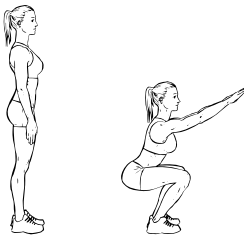
High Knees



80 reps

One set? Yes!

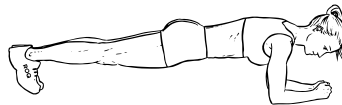
Air Squats



40 reps

No jump squatting yet...

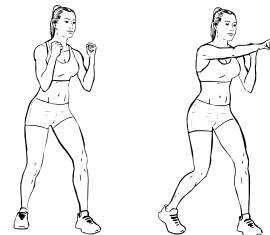
Plank



90 secs

Rest as much as necessary, but complete 90 full seconds in the plank position!

Shadow Boxing



75 reps

75 left/rights, go for the knock out!

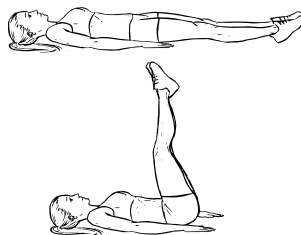
Jump Squats



30 reps

Jump squatting! Oh my!

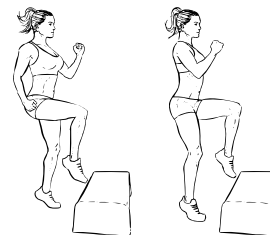
Lying Leg Raises



40 reps

Control these. Every rep counts!

Toe Taps



75 reps

You own this! All the way to the 75th rep!

Donkey Kicks

Primary muscle group(s):
Glutes & Hip Flexors

Secondary:
Abs

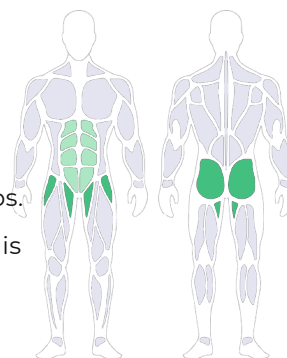
Position yourself on all fours on a mat.

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.

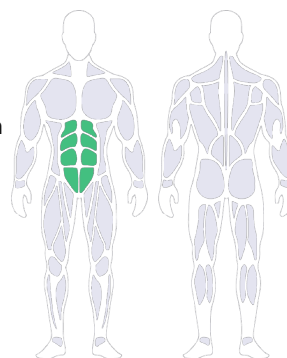
Gently curl your shoulders forward and up off the floor.

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

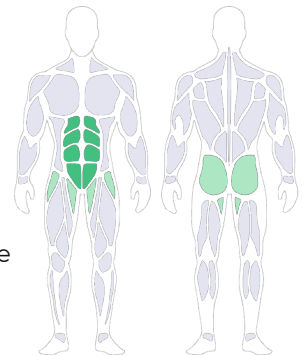
Glutes & Hip Flexors

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!



Air Squats

Primary muscle group(s):

Quadriceps

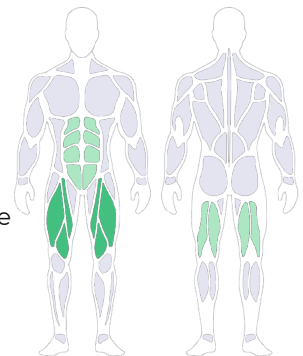
Secondary:

Abs, Hamstrings

Place your feet at shoulder width apart while keeping your chest up and your abdominals braced.

Begin the movement by swinging your arms up towards your shoulders. At the same time, bend at the knees and drive your hips back like you're sitting in a chair.

Once your upper thighs are parallel with the ground, pause, then drive your hips forward to return to the starting position.



Plank

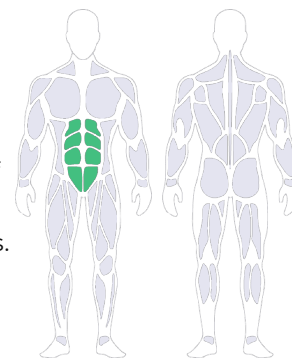
Get into a face down position on the floor supporting your upper body on your forearms. Your elbows should be bent at 90 degrees.

Extend your legs straight out behind you, supporting them on your toes and balls of your feet.

Keep your body in a straight line by tightening your abdominal and oblique muscles.

Hold for as long as possible.

 For extra balance training and core strengthening, you can lift one arm or leg.



Shadow Boxing

Primary muscle group(s):

Abs, Biceps, Shoulders, Triceps

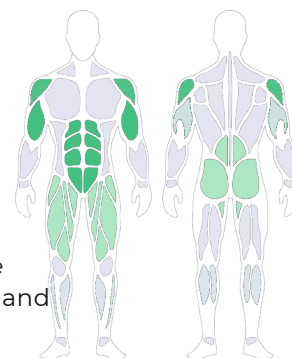
Secondary:

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.

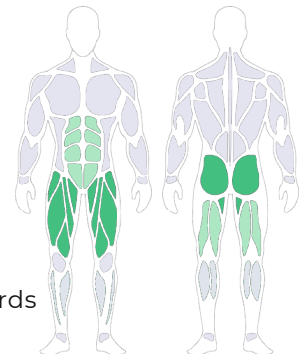
Pause for a count of one.

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:

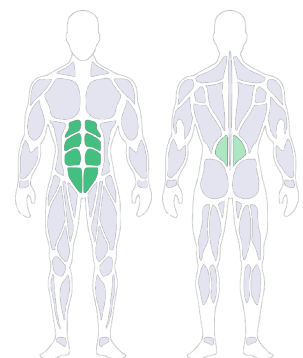
Lower Back

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.

