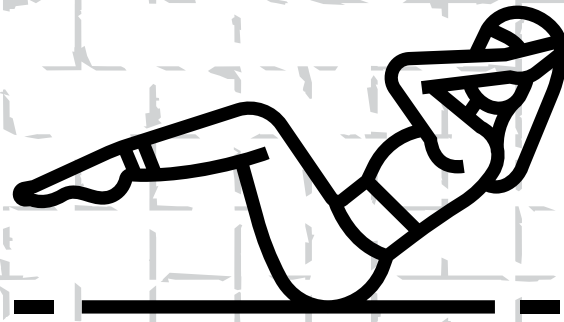


WEEK 4



D-E-F
CIRCUIT

Rongoā Kākāriki

GREEN
PRESCRIPTION

D. E. F. Circuit

28 min · Abs, Chest, Legs, Shoulders

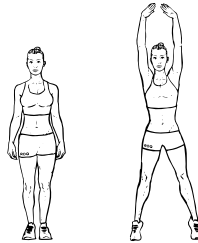
Crab Walks



50 reps

Circuit D. Try to make 50 complete steps before moving on to exercise 2!

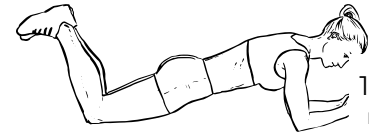
Jumping Jacks



100 reps

Circuit D. You're a big, bright star; remind yourself of that with every jump.

Knee Plank



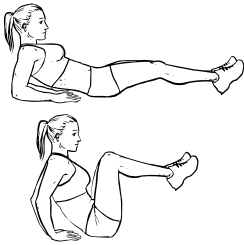
no rest

1:30 rest

100 secs

Circuit D. Plank it out! Can you try a full plank?

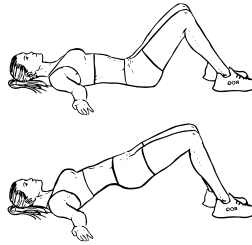
Leg Pull-In Knee-ups



50 reps

Circuit E. Try to stabilize that core and pull your knees toward your chest. Give those knees a lil kiss.

Hip Raises



50 reps

Circuit E. Because who doesn't love a good ol' bridge?

Hollow Body Rock Hold



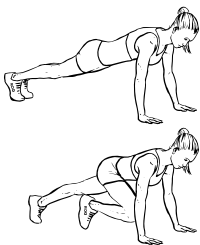
no rest

1:30 rest

60 secs

Circuit E. Try to hold this one out for the full 20 seconds before resting!

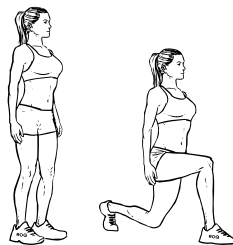
Mountain Climbers



100 reps

Circuit F. 100 in total. Pull those knees in! Keep that core rock solid, we're on to the final circuit!

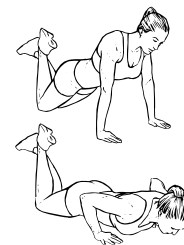
Bodyweight Walking Lunges



40 reps

Circuit F. Time for a cheeky little lunge walk, go for 140 total steps!

Knee Push-ups



no rest

30 reps

Circuit F. Are you ready for the weekend yet?! Finish with a big push!

Crab Walks

Primary muscle group(s):

Glutes & Hip Flexors, Shoulders

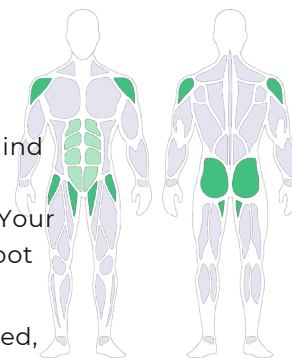
Secondary:

Abs

Sit on the ground with your knees bent, feet flat on the ground and your hands behind you. Your hands should be facing forward towards you.

Begin the movement by lifting your hips into the air and bracing your abdominals. Your hips must stay up throughout the movement. Walk forward by moving your right foot and right hand forward. Switch to the left side.

Continue this back and forth pattern while keeping your hips elevated. When finished, lower yourself to the ground.



Jumping Jacks / Star Jumps

Primary muscle group(s):

Glutes & Hip Flexors, Quadriceps

Secondary:

Abs, Calves, Hamstrings, Shoulders

Stand with your feet together, arms fully extended with your hands by your sides. This is the start position.

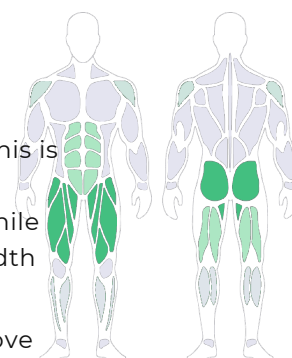
Bend your knees slightly then straighten and push through the balls of your feet while straightening your knees to jump up spreading your legs to wider than hip width apart.

As you do so, raise both arms out and up in a smooth arc until your hands meet above your head.

As you return to the ground, bring your feet together and your hands back to your sides with your arms fully extended.

Continue without pause for the desired amount of time or repetitions.

This exercise can be performed as a timed exercise, completing as many reps as possible in a set time or, in sets with a fixed number of repetitions per set. To increase intensity, bend your arms slightly as you raise them to engage your biceps and triceps and squeezing them during each rep.

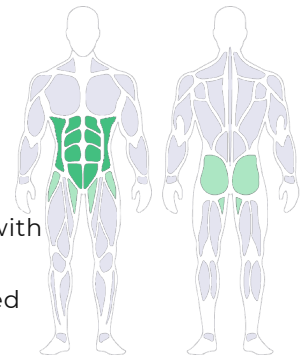


Knee Plank

Abs, Obliques

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.



Leg Pull-In Knee-ups

Primary muscle group(s):

Abs

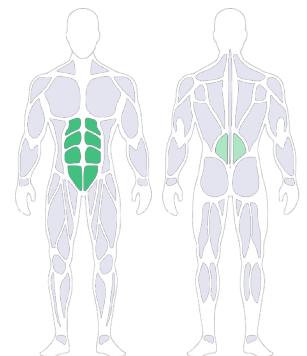
Secondary:

Lower Back

Lie flat with hands under your buttocks.

Keep your knees together and pull them in towards you while moving your torso towards them (lift your head, neck and shoulders up).

Hold and then slowly return to starting position.



Hip Raises / Butt Lift / Bridges

Hamstrings

, Lower Back

on an exercise mat with your knees bent so that your feet are flat on the floor. Keep your back straight.

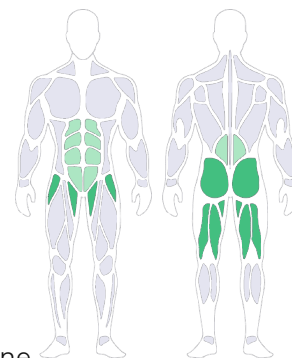
Place your hands out to your sides palms flat for stability.

Raise your glutes off the floor by extending your hips upward while pushing down through your heels.

Continue until your back, hips and thighs are in a straight line. Hold for a count of one.

Return to the start position by lowering your hips back to the floor.

Pause then repeat.



Hollow Body Rock Hold

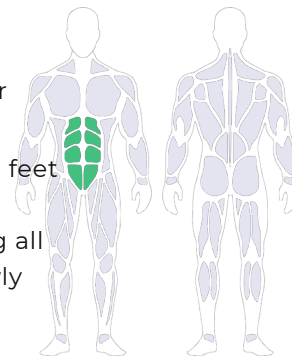
Primary muscle group(s):

Abs

Lie down on a padded surface. Have your arms extended above your head with your feet straight out in front of you. Point the toes down and forward.

Begin the movement by contracting the core. Simultaneously, move the hands and feet up. Keep the legs and arms straight.

With your gaze straight ahead, bring your chest and legs off of the ground, focusing all of the tension in your core. Hold this position for as long as you can. Afterward, slowly return to the starting position.



Mountain Climbers / Alternating Knee-ins

Glutes & Hip Flexors

Chest, Shoulders

Place your hands flat on the floor, shoulder width apart.

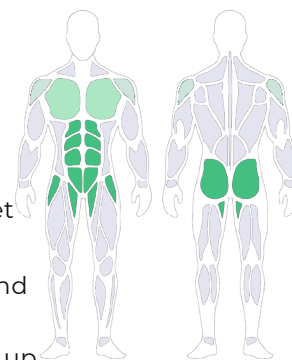
Extend your torso and legs fully behind you with only your toes and balls of your feet touching the floor.

Your body should be in a straight line, with your weight supported on your hands and toes only.

Starting with either leg, flex your knee and hip at the same time to bring your knee up and under your hip. Your other leg should remain fully extended. This is the start position.

Using an explosive movement, reverse the position of your legs, by extending the bent leg back and simultaneously flexing the straight leg until it is in the start position.

Continue alternating in this manner for the desired amount of time.



Bodyweight Walking Lunges

Quadriceps

Alves, Glutes & Hip Flexors

Stand straight with your feet shoulder width apart and place your hands on your hips. This is the start position.

Step forward with either leg in a long stride. Keep your other foot in place behind you.

Bend your knees as you do this so your body is lowered towards the ground. Keep your back straight throughout the movement.

Go down until your front knee is just above the ground. (Your front leg should be bent 90 degrees at the knee)

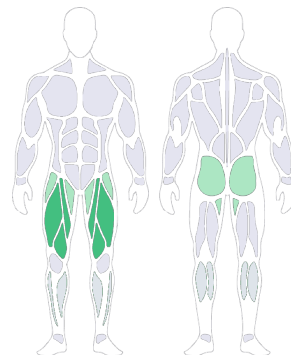
Hold for a count of one.

Push down through your front heel and extend both knees to return to the start position.

Pause then repeat with your other leg. When you have lunged with both legs, that is one repetition.

Repeat.

Try to keep your hands on your hips at all times, using your obliques to keep your balance.



Modified / Knee Push-ups / Pushups

Primary muscle group(s):

Chest

Secondary:

Abs, Shoulders, Triceps

Come to the ground on your knees. Tighten your core and maintain a flat back.

Position your hands on the ground in front of you, directly below your shoulders. Cross your feet in the back.

Lower your chest towards the ground. Bend your elbows at a 60-degree angle until your chest is just above the ground. You should feel a stretch across your chest. Hold for a count of one.

Without locking your elbows, push yourself back to the starting position by straightening your arms.

