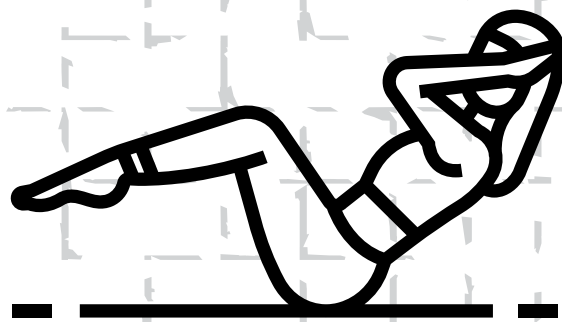


WEEK 2

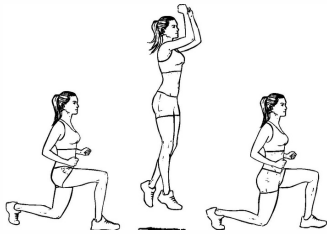


DESCENT

Descent

34 min · Abs, Legs

Explosive Jumping Alternating Lunges

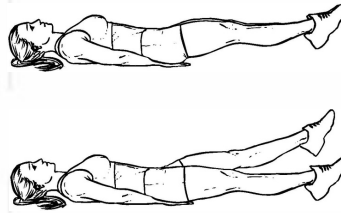


40 reps

20 reps per leg, oh that's going to leave a burn. But one of those nice burns.

0:30
rest

Flutter Kicks

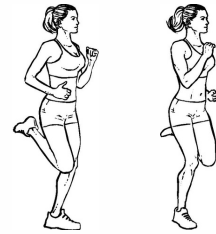


80 reps

40 reps per leg here! Flutter outta here!

0:30
rest

Butt Kicks

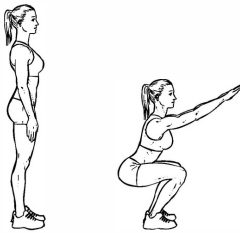


80 reps

40 per leg, one set with ease!

0:30
rest

Air Squats

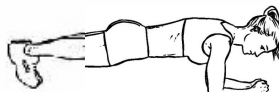


40 reps

You're squatting nothing but air, that makes everything so much easier!

0:30
rest

Plank

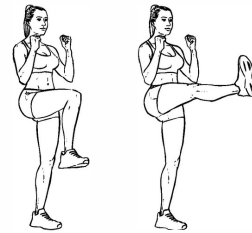


90 secs

Another cheeky 90 seconds of planking. A minute and a half is all that keeps you from exercise number 6.

0:30
rest

Front Kicks

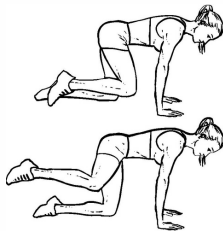


80 reps

You made it past the plank! You are a new kind of hero. Show us those skills with 40 kicks per leg.

0:30
rest

Adductor Knee Raises



60 reps

The dirty 30 per leg! You're so close to the end of the workout and the end of the week, keep pushing!

0:30
rest

Alternate Heel Touchers

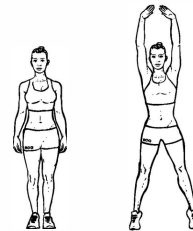


80 reps

40 per side!

0:30
rest

Jumping Jacks



90 reps

90 star jumps, how many sets will it take? You inspiration.

Explosive Jumping Alternating Lunges

Primary muscle group(s):

Hamstrings, Quadriceps

Secondary:

Abs, Calves, Glutes & Hip Flexors

Stand straight with a tight core and your chest up.

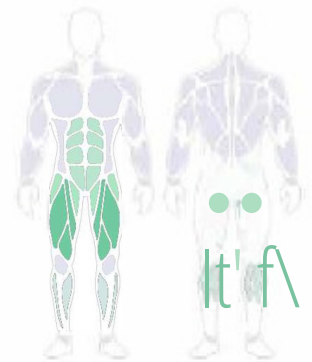
You will be in a classic lunge position. Step forward and be sure to keep your front knee bent. At the same time, extend the back leg.

Your back knee should be slightly bent.

Place your hands on your hips. If you want a challenge, place them straight above the head.

Using all of your force, jump into the air. Simultaneously, switch your leg stance in midair.

Land in the lunge position and repeat.



Flutter Kicks

Primary muscle group(s):

Abs

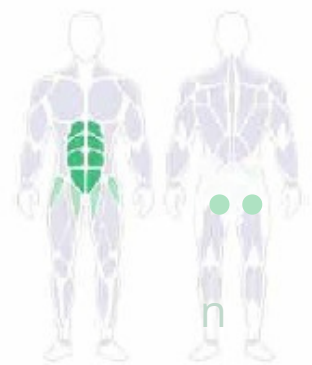
Secondary:

Glutes & Hip Flexors

Lie on a mat with your hands under your buttocks and raise your legs slightly, keeping knees straight and ankles together.

Keep abs engaged and perform short kicks in an alternating fashion.

Repeat as needed and then lower legs to the ground.



Butt Kicks

Primary muscle group(s):
Hamstrings, Quadriceps

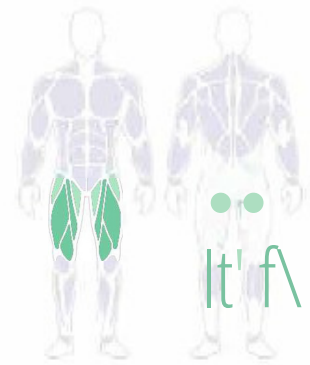
Secondary:

Glutes & Hip Flexors

Standing tall with a tight core and flat back, you will begin the dynamic stretching exercise as if you were running in place. Keep the knees slightly bent at all times. Start slowly and work up to a faster speed.

Bring your left foot back and all the way up to the glutes. Return your left foot to the ground and repeat on the other side.

Continue this back and forth motion, keeping your arms swinging in motion.



Air Squats

Primary muscle group(s):
Quadriceps

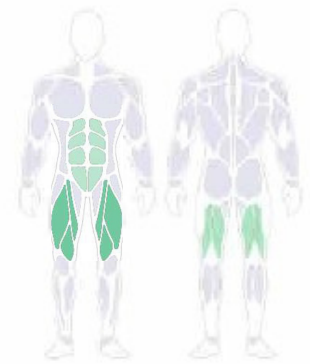
Secondary:

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

Primary muscle group(s):

Abs

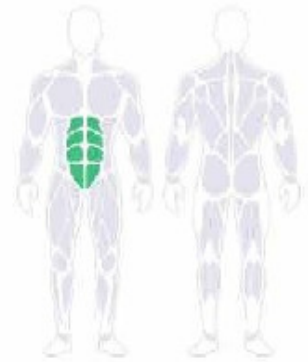
Get into a face down position on the floor supporting your upper body on your forearms. Your elbows should be bent at 90 degrees.

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.

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



Front Kicks

Primary muscle group(s):

Hamstrings, Quadriceps

Secondary:

Abs, Calves, Glutes & Hip Flexors

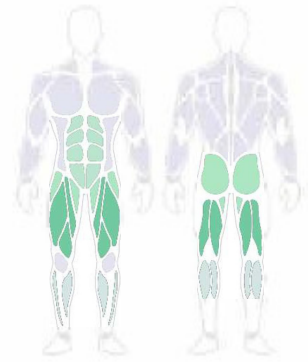
Stand with a tight core and flat back. Stagger your feet just a little so that your left foot is in front and your right front is behind you.

Bend your elbows and bring your closed hands to your chin, mimicking a traditional boxing stance.

Begin by extending your right leg up, leading with your knee.

Next, extend your foot out. Immediately, retract it back to the starting position.

Repeat on the other side.



Fire Hydrants/ Abductor/ Adductor Knee Raises

Primary muscle group(s):

Glutes & Hip Flexors

Secondary:

Abs

Position yourself on all fours on a mat with your palms flat and shoulder-width apart. Place your knees hip-width apart and bend them at a 90 degree angle.

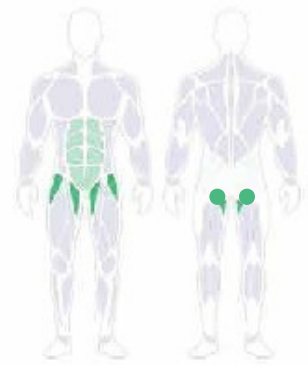
Try to relax your core so that your back and abs are in a natural position.

Maintain this posture as you raise your right knee and bring it as close to your chest as you can.

Now raise your right thigh out to the side, keeping the hips still.

Kick your raised leg straight back slowly until it is in line with your torso.

Reverse the movement to return to the starting position.



Alternate Heel Touches/ Lying Oblique Reach

Primary muscle group(s):

Obliques

Secondary:

Abs

Lie on an exercise mat, with your back flat, knees bent and your feet flat on the floor slightly wider than shoulder-width apart.

Fully extend your arms down the side of your body, palms facing in. This is the start position.

Exhaling, crunch your torso forward and to the right until you can touch your right heel with your right hand. Hold for a count of one.

Return to the starting position smooth motion, inhaling as you do so.

Repeat the movement, this time to your left side.

When you have completed the movement on both sides, you have done one repetition.

Repeat.



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.

Q 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 .

