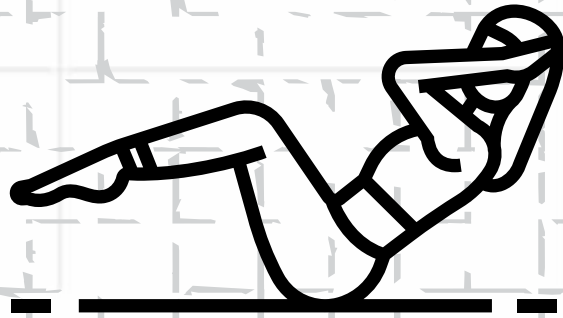


WEEK 5



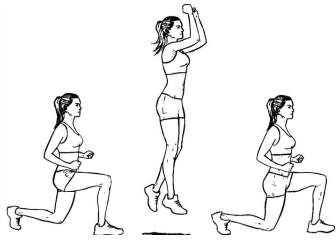
DESCENT

Legs 1

25 min · Abs, Legs

The exercises start out tough, but get easier and easier.

Explosive Jumping Alternating Lunges

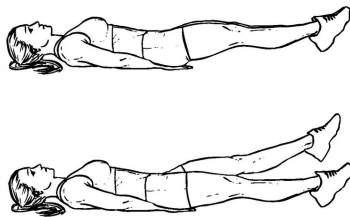


0:30
rest

10 reps

5 reps per leg, 10 reps in total. You've got this!

Flutter Kicks



0:30
rest

20 reps

Again, shoot for 10 reps per leg. You're at the mountain's peak, on top of the world!

Butt Kicks

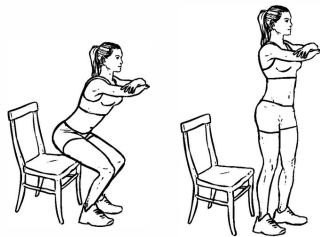


0:30
rest

20 reps

Give each butt cheek 10 kicks. Then tell it how sorry you are and ensure it knows that it's for the best.

Chair Squats

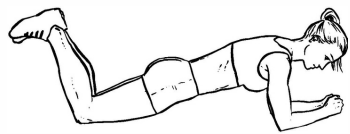


0:30
rest

10 reps

The famous chair squats, don't worry, we're removing the chair soon.

Knee Plank

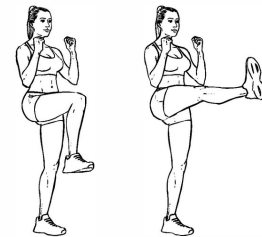


0:30
rest

20 secs

Hold it steady, focus on form: keep that back straight.

Front Kicks

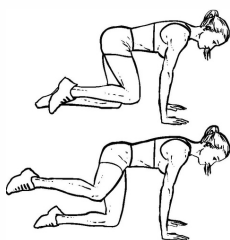


0:30
rest

20 reps

Deliver 10 of your best kicks per leg. Imagine you're kicking through a wall. Break on through to the other side.

Adductor Knee Raises



0:30
rest

20 reps

Smash out 10 raises per leg, and then get some water!

Alternate Heel Touchers

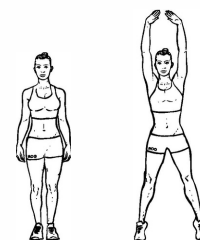


0:30
rest

20 reps

Touch each heel 10 times, you're so close to base camp!

Jumping Jacks



0:30
rest

20 reps

20 star jumps! Now back to exercise 1!

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.

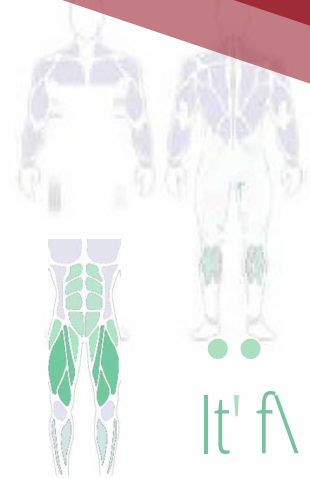
You will be in a classic lunge position. Step forward and be sure to keep your front knee bent. At the same time, extend the back leg.

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

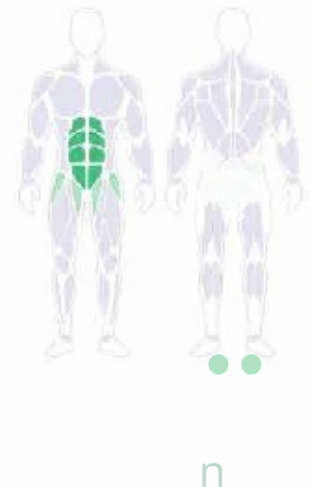
Secondary:

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

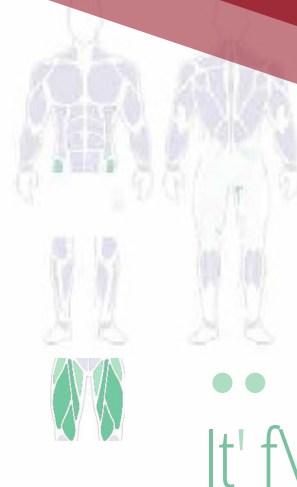
Secondary:

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.



Chair Squats

Primary muscle group(s):

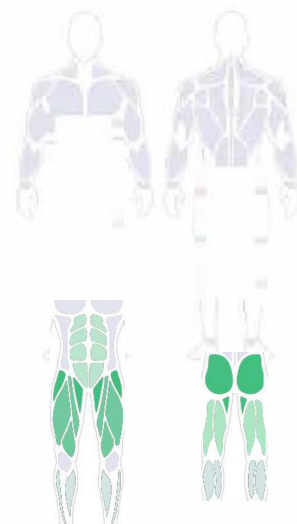
Glutes & Hip Flexors, Quadriceps

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

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.



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Front Kicks

Primary muscle group(s):

Hamstrings, Quadriceps

Secondary:

Abs, Calves, Glutes & Hip Flexors

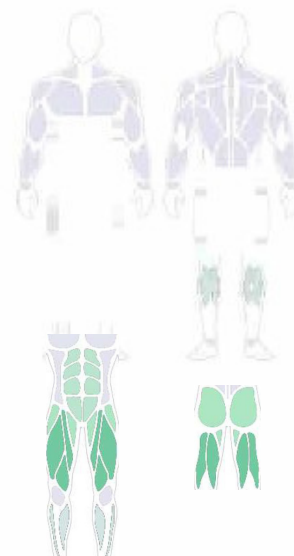
Stand with a tight core and flat back. Stagger your feet just a little so that your left foot is in front and your right foot is behind you.

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.

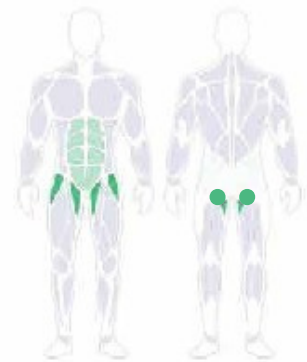
Try to relax your core so that your back and abs are in a natural position.

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.

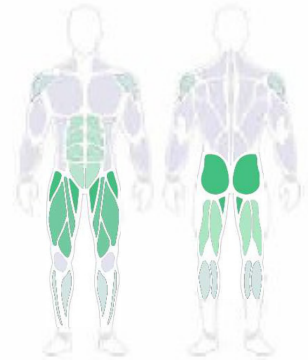
Bend your knees slightly then straighten and push through the balls of your feet while straightening your knees to jump up spreading your legs to wider than hip width apart.

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.



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.

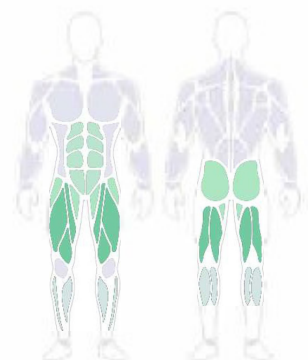
You will be in a classic lunge position. Step forward and be sure to keep your front knee bent. At the same time, extend the back leg.

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

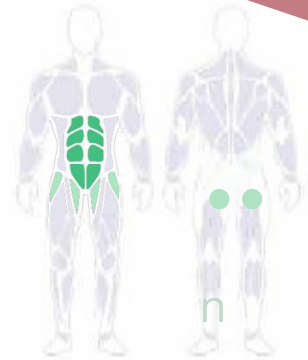
Secondary:

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

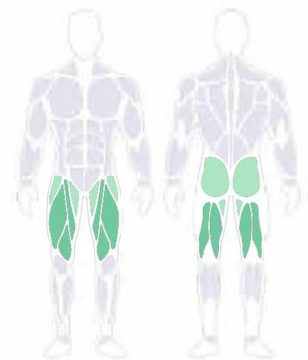
Secondary:

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.



Chair Squats

Primary muscle group(s):

Glutes & Hip Flexors, Quadriceps

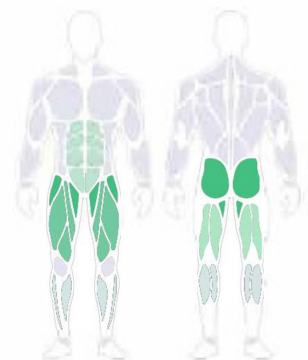
Secondary:

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

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Secondary:

Glutes & Hip Flexors

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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.

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Front Kicks

Primary muscle group(s):

Hamstrings, Quadriceps

Secondary:

Abs, Calves, Glutes & Hip Flexors

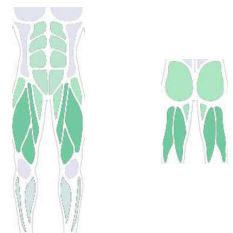
Stand with a tight core and flat back. Stagger your feet just a little so that your left foot is in front and your right foot is behind you.

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.

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Repeat on the other side .



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Secondary:

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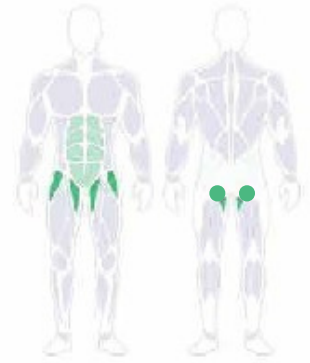
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Secondary:

Abs

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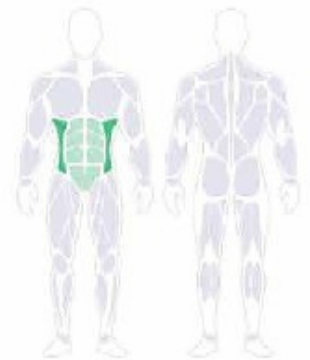
Exhaling, crunch your torso forward and to the right until you can touch your right heel with your right hand. Hold for a count of one.

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

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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.

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