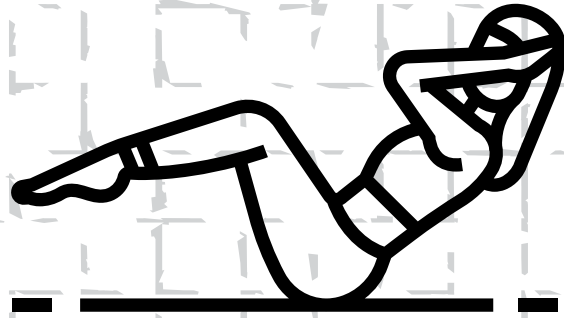


WEEK 6



DESCENT

Rongoā Kākāriki

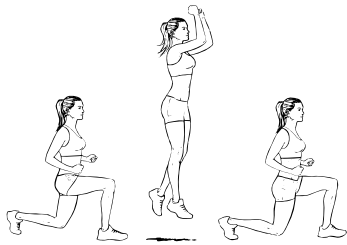
GREEN
PRESCRIPTION

Descent

43 min · Abs, Legs

this workout brings a slightly more difficult version of the descent workout from week two. Complete the circuit 3 times! Challenge yourself now, and the reward will be sweeter tomorrow.

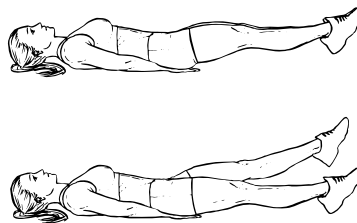
Explosive Jumping Alternating Lunges



12 reps

6 reps per leg, 12 reps in total. Explode!

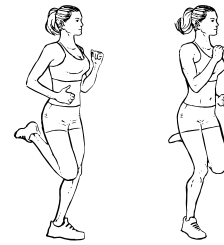
Flutter Kicks



24 reps

Flutter away, like a dangerous fairy.

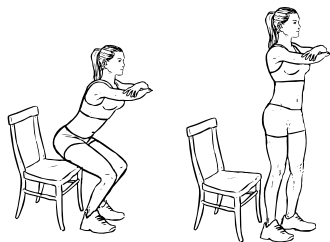
Butt Kicks



24 reps

Make that butt a little sore by kicking each cheek 12 times!

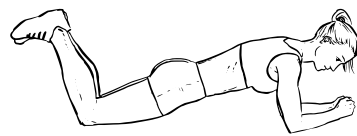
Chair Squats



12 reps

Squatting away! Remember not to rest during the exercise!

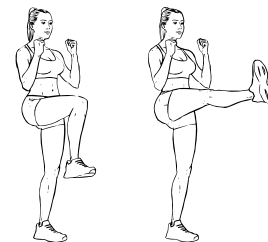
Knee Plank



30 secs

No sagging here, straight like an arrow is key!

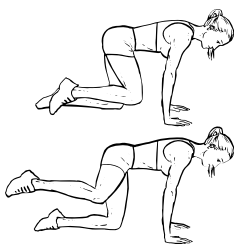
Front Kicks



24 reps

Kick hard and outward 12 times per leg.

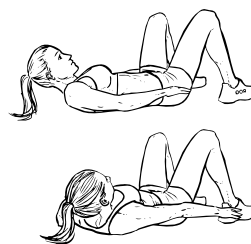
Adductor Knee Raises



24 reps

No barking here... that will just look weird.

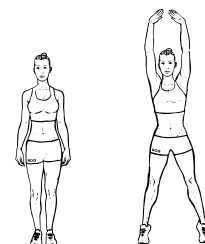
Alternate Heel Touchers



24 reps

You've almost done it!

Jumping Jacks

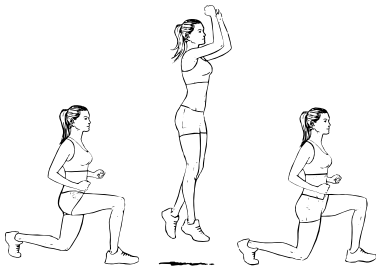


30 reps

Well done! Let's go again!

DESCENT

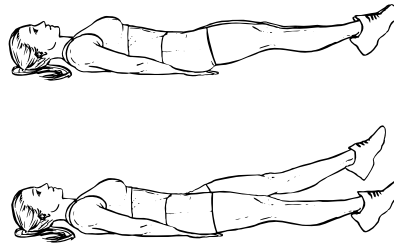
Explosive Jumping Alternating Lunges



12 reps

Big jumps!

Flutter Kicks

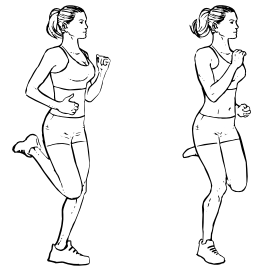


0:30 rest

24 reps

Ab time.

Butt Kicks



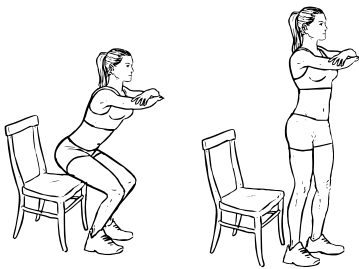
0:30 rest

24 reps

Keep your focus, you've got this.

0:30 rest

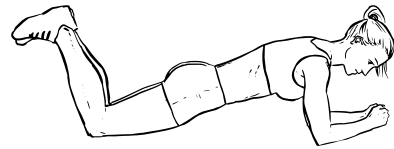
Chair Squats



12 reps

No resting!

Knee Plank

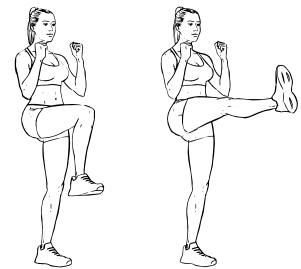


0:30 rest

30 secs

Hold it and stay strong.

Front Kicks



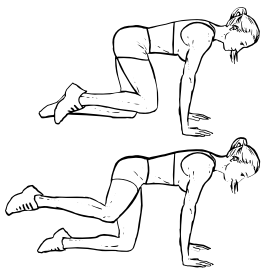
0:30 rest

24 reps

Kick some butt!

0:30 rest

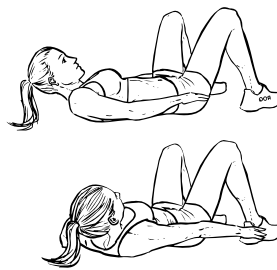
Adductor Knee Raises



24 reps

Flex those glutes!

Alternate Heel Touchers

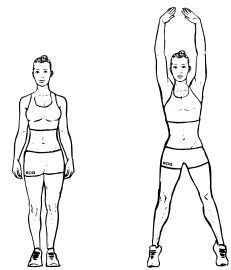


0:30 rest

24 reps

Keep pushing!

Jumping Jacks

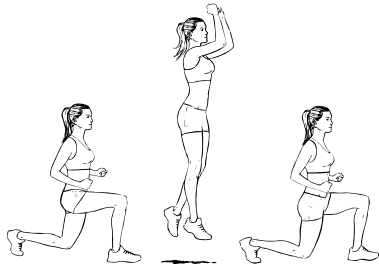


0:30 rest

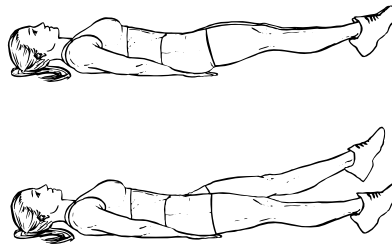
30 reps

Onto the final round!

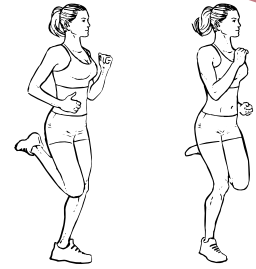
0:30 rest



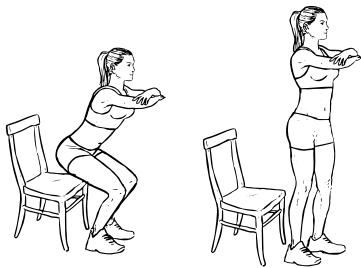
The final round, let's smash this!



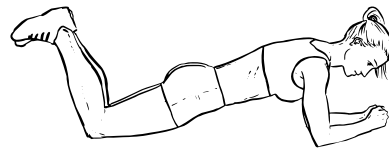
Burn those lower abs!



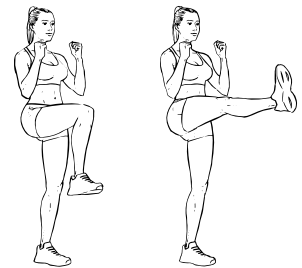
24 in total, remember.



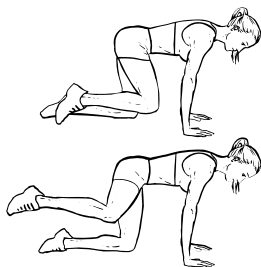
You can sit here when you're done!



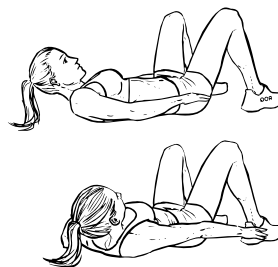
The final plank.



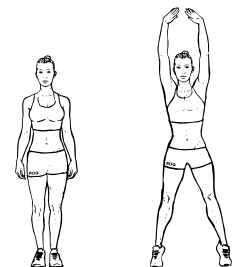
Make these the best yet.



Onto these burners.



One more to go!



You are a star. Nice job!

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.

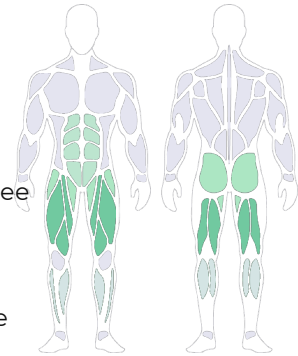
You will be in a classic lunge position. Step forward and be sure to keep your front knee bent. At the same time, extend the back leg.

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

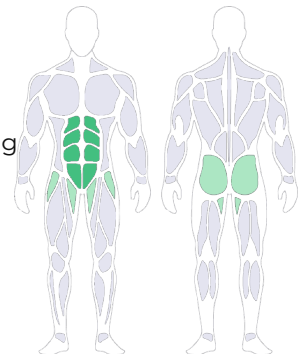
Secondary:

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.



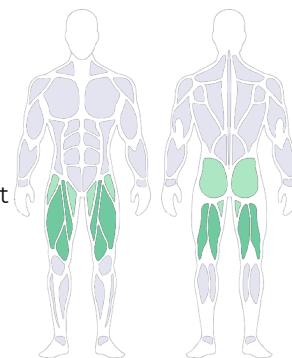
Butt Kicks

Glutes & Hip Flexors

ing 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):

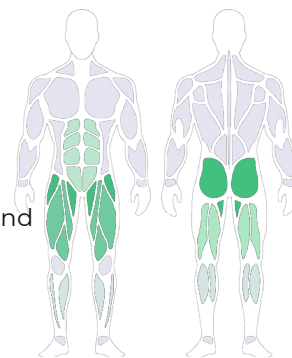
Glutes & Hip Flexors, Quadriceps

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 and 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.



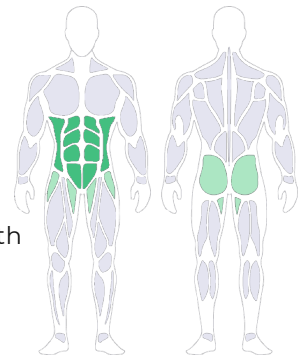
Knee Plank

Abs, 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.



Front Kicks

Hamstrings, Quadriceps

Glutes & Hip Flexors

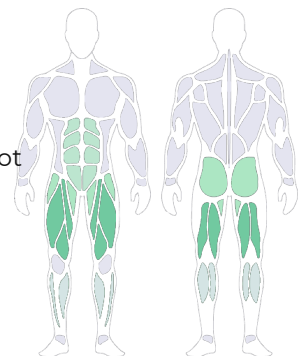
Stand with a tight core and flat back. Stagger your feet just a little so that your left foot is in front and your right foot is behind you.

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

Glutes & Hip Flexors

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.

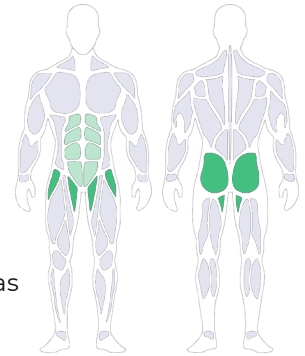
Try to relax your core so that your back and abs are in a natural position.

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.

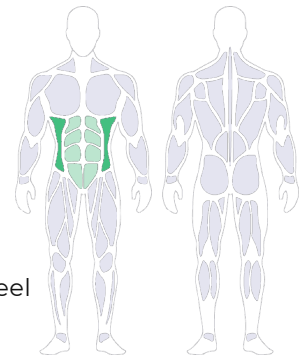
Exhaling, crunch your torso forward and to the right until you can touch your right heel with your right hand. Hold for a count of one.

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

, Quadriceps

Hamstrings, Shoulders

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

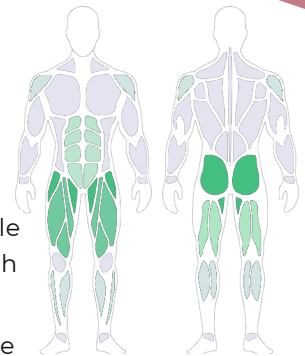
Bend your knees slightly then straighten and push through the balls of your feet while straightening your your knees to jump up spreading your legs to wider than hip width apart.

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.



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.

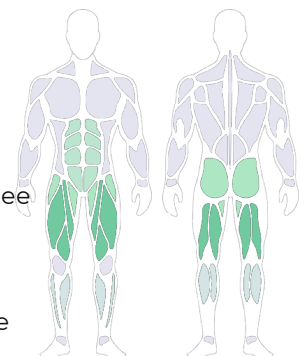
You will be in a classic lunge position. Step forward and be sure to keep your front knee bent. At the same time, extend the back leg.

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.

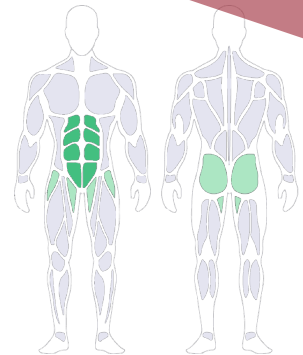


Flutter Kicks

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

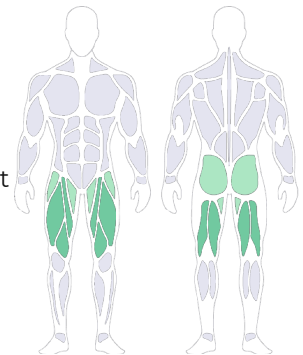
Secondary:

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.

