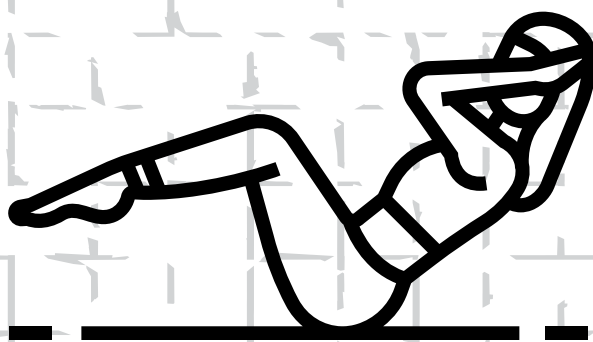


WEEK 5



**FULL BODY**

Rongoā Kākāriki

**GREEN**  
PRESCRIPTION

# Full body home workout

38 min · Abs, Arms, Back, Chest, Legs, Shoulders

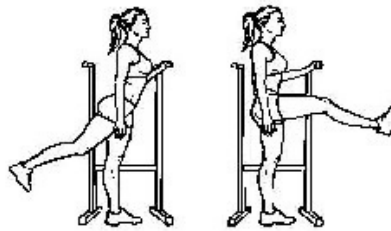
This workout covers all major muscle groups and can be suitable for any fitness level

## Cardio - Walking



5 min

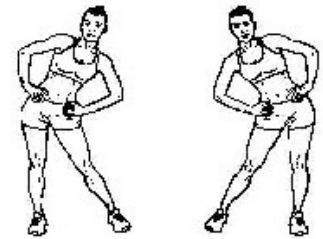
## Forward Leg Hip Swings



1 sets 30 reps

30 seconds on each leg

## Hip Circles



1 sets 30 secs

30 seconds each way

## Bodyweight Squats



3 sets 12 reps 40 sec rest

Superset A1

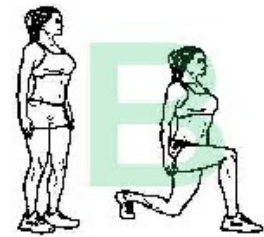
## Push-ups



3 sets 10 reps

Superset A2

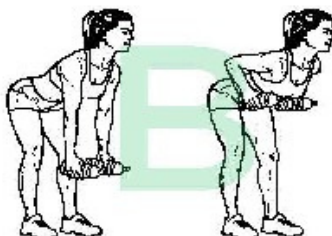
## Alternating Bodyweight Lunges



3 sets 12 reps

Superset B1 · Can add weight or water bottles to increase load

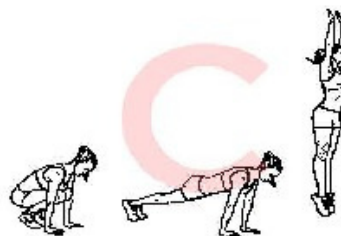
## Bent Over Two-Armed Water Bottle Rows



3 sets 12 reps

Superset B2

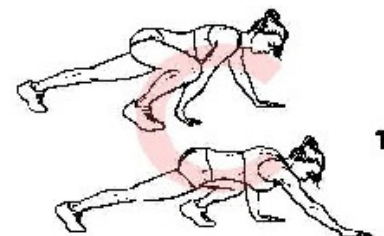
## Burpees



3 sets 12 reps 40 sec rest

Superset C1

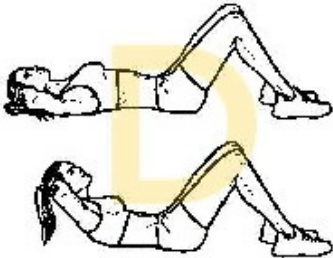
## Bear Crawls



3 sets 30 secs 40 sec rest

Superset C2

**Crunches**



**3 sets 10 reps 30 sec rest**

**Superset D1**

**Bird Dogs**



**3 sets 10 reps 30 sec rest**

**Superset D2**

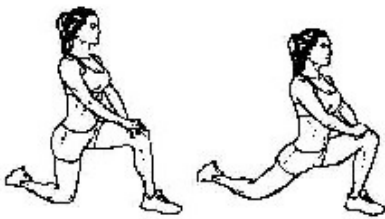
**Shoulder Stretch**



**1 sets 45 secs**

45 seconds each arm

**Kneeling Hip Flexor Stretch**



**1 sets 45 secs**

**Standing Hamstring Stretch**



**1 sets 45 secs**

**Wide Arm Chest Stretch**



**1 sets 45 secs**

## Cardio - Walking

Primary muscle group(s):

**Calves, Hamstrings, Quadriceps**

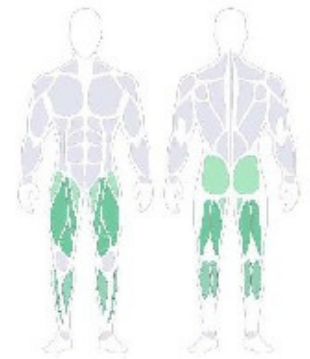
Secondary:

**Glutes & Hip Flexors**

After following a thorough warm-up session, stand tall on a walkway, treadmill, or other walkable area. Make sure that your chest is up, core is braced, shoulders are back, and gaze is straight ahead.

Begin by placing your left foot forward then shifting your hips to move the right leg forward. Continue this back and forth motion at a pace that is ideal for you.

You may also want to include small weights or a grip strengthener during your walks. Remember to maintain perfect form throughout the walk. Avoid slouching.



## Forward Leg Hip Swings

Primary muscle group(s):

**Glutes & Hip Flexors**

Secondary:

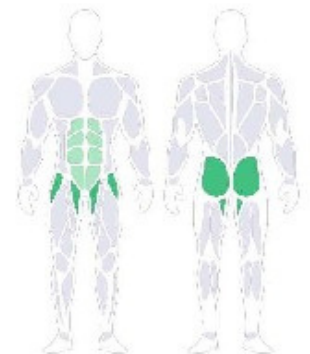
**Abs**

Stand tall holding onto a pole, wall or stationary object for support.

Engage your abs as you swing your one leg as far out to the side and then across the stationary leg as you comfortably can.

Don't just let gravity pull the leg - actively use the muscles!

Switch sides once you have completed repetitions on the first leg.



## Hip Circles

Primary muscle group(s):

**Glutes & Hip Flexors**

Secondary:

**Abs**

Stand tall with your chest up. Move your feet to shoulder-width apart. Place your hands on your hips.

Begin the movement by shifting your hips to the left. Bring them forward and to the right in a circular motion. From the right, shift your hips back and to the left.

Continue in this circular motion. Stop once to switch directions.



## Bodyweight Squats

Primary muscle group(s):

**Glutes & Hip Flexors, Quadriceps**

Secondary:

**Abs, Calves, Hamstrings**

Stand with your feet hip width apart. Your toes should be pointing straight ahead or only slightly outward.

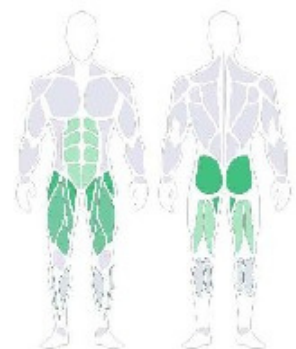
Cross your arms in front of your body, place your hands behind your head (prisoner squat) or at the sides of your head.

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. Pause for a count of one. Do not let your knees extend out beyond the level of your toes.

Return to the start position by pushing down through your heels and extending your hips forward until you are standing straight. Repeat.



## Push-ups / Pushups

Primary muscle group(s):

**Chest**

Secondary:

**Abs, Shoulders, Triceps**

Get into position by placing your hands flat on the floor, directly below your shoulders.

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

Hold your body up and keep your back straight by tightening your abdominal muscles.

Your neck and head should be bent slightly back.

Lower your chest towards the ground by bending your elbows until your chest is just above the ground or you feel a stretching of your chest and shoulders. Hold for a count of one.

Press upwards from your chest and shoulders, straightening your arms as you return to the starting position. Hold for a count of one.

Repeat.



## Alternating Bodyweight Lunges

Primary muscle group(s):

**Quadriceps**

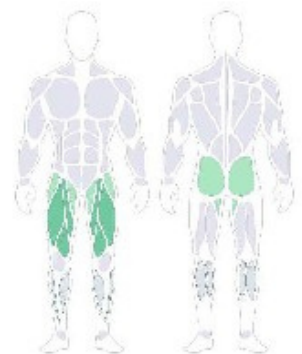
Secondary:

**Calves, Glutes & Hip Flexors**

Stand straight – that's the starting position. Step forward with your left leg and slowly lower your body until your front knee is bent at least 90 degrees, while your rear knee is just off the floor. Keep your torso upright the entire time. Look forward.

Pause, then push off your left foot off the floor and return to the starting position as quickly as you can.

On your next rep, step forward with your right leg. Continue to alternate back and forth—doing one rep with your left, then one rep with your right.



## Bent Over Two-Armed Water Bottle Rows

Primary muscle group(s):

**Middle Back / Lats, Upper Back & Lower Traps**

Secondary:

**Biceps**

Stand tall with a tight core and flat back. Hold a pair of water bottles at your side with an overhand grip. Bend slightly at the knees as you push your hips back. Keep your chest and head up. Upper body should be almost parallel with the floor.

With your elbows at a 60-degree angle, bring the water bottles up. Pause when your upper arm is parallel with the floor. Contract the muscle then slowly return the water bottles to the starting point.



## Burpees / Squat Thrusts

Primary muscle group(s):

**Abs, Glutes & Hip Flexors**

Secondary:

**Chest, Shoulders**

Stand straight with your feet shoulder width apart and hands by your sides. This is the start position.

In one smooth motion, squat down and place your hands palms down on the floor in front of your feet.

Lean forward, so your weight is on your hands, at the same time jumping your legs out behind you until they are fully extended. Your body should form a straight line with your weight supported on your toes and the balls of your feet and your arms fully extended. (In a push up position)

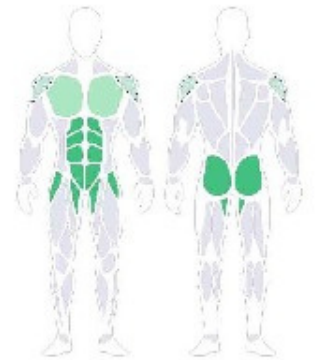
Jump your feet out by spreading your legs, so that they are wider than hip width apart, then immediately jump them back together.

Complete 1 full push up.

Jump your feet forward to just behind your hands.

Use an explosive motion to push through your heels and return to the start position.

Repeat.



## Bear Crawls

Primary muscle group(s):

**Abs, Shoulders**

Secondary:

**Calves, Forearms, Hamstrings, Quadriceps**

Come to the ground, placing your knees below your hips and your hands below your shoulders. Elevate your hips up, extending your legs and arms. Keep the head in a neutral position.

Move the right hand forward as you simultaneously move the left foot forward. Afterwards, move the left hand and right foot forward.

Continue in this back and forth pattern, always moving the opposite hand and foot. Remember to brace the core throughout the movement.



## 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.

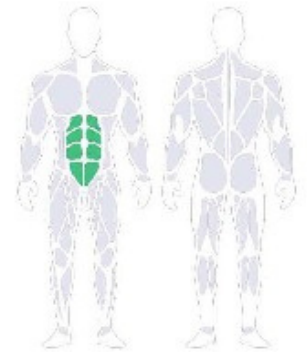
Gently curl your shoulders forward and up off the floor.

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.





## Bird Dogs / Alternating Reach & Kickbacks

Primary muscle group(s):

**Abs, Lower Back**

Secondary:

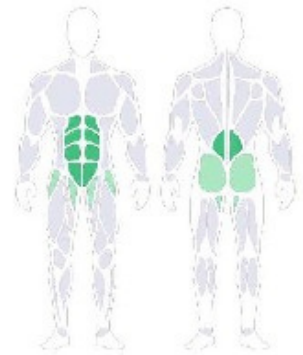
**Glutes & Hip Flexors**

Position yourself on all fours with knees underneath the hips and wrists under the shoulders.

Engage your abs and keep your spine neutral, pulling the shoulder blades towards the hips.

Lengthen the left leg until it is straight out and in line with your hips while simultaneously raising and straightening your right arm until it is parallel to the floor. Keep your head and shoulders aligned at all times.

Gently lower your arm and leg back to the starting position and alternate with the other arm and leg.



## Shoulder Stretch

Primary muscle group(s):

**Shoulders**

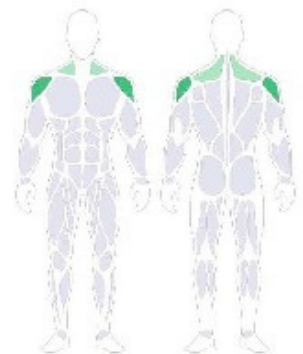
Secondary:

**Neck & Upper Traps**

Stand tall and bring your right arm across your upper body, holding it with your left arm just below or above the elbow.

Hold the stretch and then release.

Repeat the stretch with the left arm.



## Kneeling Hip Flexor Stretch

Primary muscle group(s):

**Glutes & Hip Flexors**

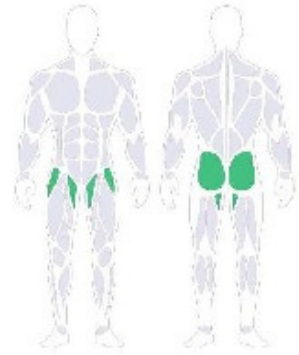
Step forward with the left leg as your right knee comes all the way to the ground.

Flatten your right foot out so the toes are pointing behind you.

Placing your hands on your sides, gently push your hips slightly forward.

You will feel the stretch in your right hip flexor.

Switch sides and repeat.



## Standing Hamstring Stretch

Primary muscle group(s):

**Hamstrings**

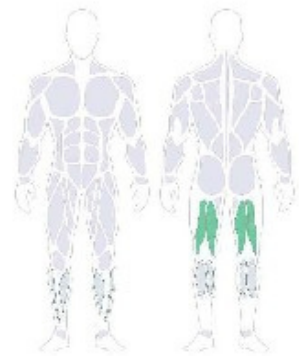
Secondary:

**Calves**

Stand with feet closer than shoulder-width. Step forward with your left foot. Flex the left foot up towards you.

Bend at the hips and place your hands on your thigh. Keep the left leg straight as you slightly bend the right knee.

Feel the stretch along your left hamstring. Hold for the prescribed amount of time then switch sides.



## Wide Arm Chest Stretch / Reverse Butterfly Stretch

Primary muscle group(s):

**Chest**

Secondary:

**Shoulders**

Stand tall and place your hands together with your arms extended straight out in front of you.

Keep your arms straight and then move them back as far as you comfortably can. Your palms should face front and you should feel the stretch along your chest.

Return the arms to the starting position, extended in front of you.

