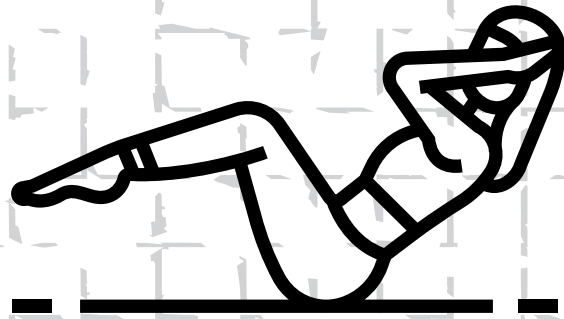


WEEK 7



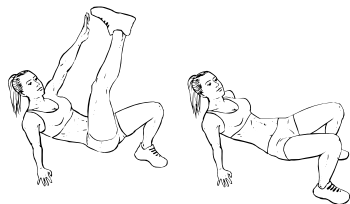
G-H-I CIRCUIT

Rongoā Kākāriki

GREEN
PRESCRIPTION

G. H. I. Circuit

Crab Toe Touches

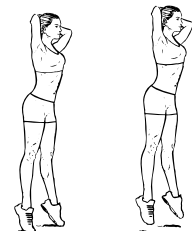


no rest

64 reps

Circuit G. Reach those toes now, I know you can!

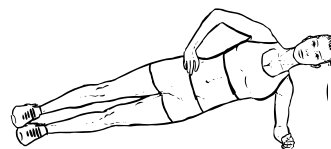
Jumping Calf Press



110 reps

Circuit G. Need more of a challenge? Hold on to your water bottle while jumping!

Side Plank



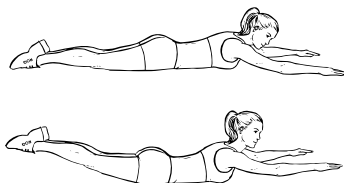
no rest

100 secs

Circuit G. Left side only for now!

1:30 rest

Supermans

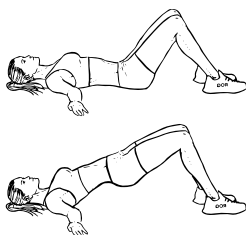


no rest

50 reps

Circuit H. Try to keep each side in sync with the other!

Hip Raises



64 reps

Circuit H. Hold each raise for a full second here.

Static Squat Hold



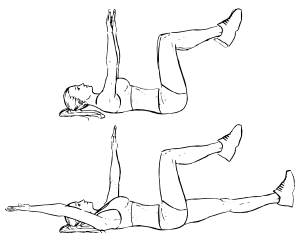
no rest

100 secs

Circuit H. Find your comfort position and hold it for 25 seconds!

1:30 rest

Dead Bug

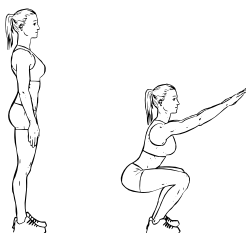


no rest

64 reps

Circuit I. One more circuit to go. Don't forget the exercise instructions!

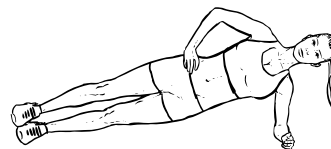
Air Squats



50 reps

Circuit I. Are you ready to jump squat?

Side Plank



no rest

100 secs

Circuit I. Our final exercise! Use the right side and remain strong, like a pillar!

Crab Toe Touches

Primary muscle group(s):

Hamstrings, Lower Back, Quadriceps, Shoulders, Upper Back & Lower Traps

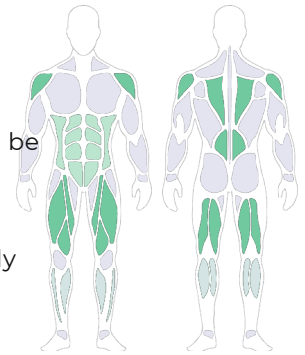
Secondary:

Abs, Calves, Obliques

Sit on the floor with your feet in front of you and hands behind you. Your fingers can be pointed towards the side or behind you. With your feet on the floor, lift your hips skyward. Pause when your body is parallel with the floor.

Focusing on contracting the core first, bring your right hand up while simultaneously lifting your left leg up. Touch your right hand to your left toes.

Slowly return to the elevated position and switch sides. Bring your left hand to your right toes. Keep alternating back and forth.



Jumping Calf Presses / Raises

Primary muscle group(s):

Calves

Stand up straight with your hands at your sides.

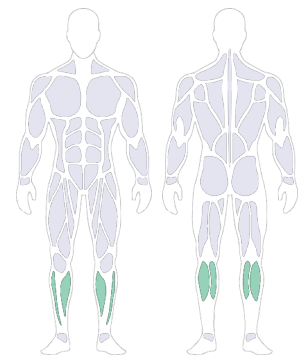
Keep your back straight and your core tight.

Forcefully press off the ground with the balls of both feet.

Launch into the air and land softly on the balls of your feet.

Focus the tension in the calf muscles, NOT the quadriceps.

Repeat.



Side Plank

Primary muscle group(s):

Obliques

Secondary:

Abs

Lie on your side on an exercise mat.

Fully extend your legs with one resting on top of the other.

Fully extend the top arm down the side of your body.

Bend the arm at floor level to 90 degrees. Your upper arm should be parallel to your body, while your forearm is at 90 degrees. This is the start position.

Lift your body off the ground and balance on your forearm and the side of your foot, while keeping your body in a straight line.

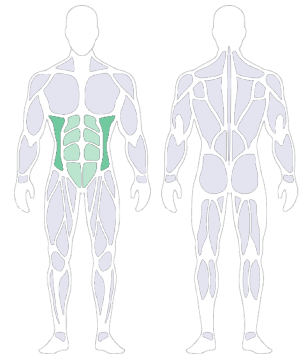
Contract your abdominal muscles and relax your shoulders.

Continue breathing throughout the whole exercise.

Hold this position for as long as you can.

Relax and change sides.

Repeat.



Supermans / Extended Arms & Legs Lifts

Primary muscle group(s):

Lower Back

Secondary:

Abs

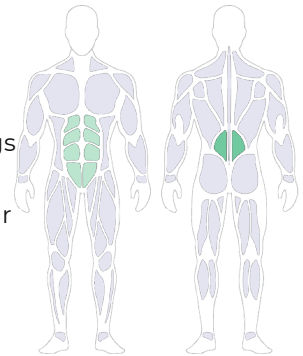
Lie face down on a mat, with your arms fully extended above your head and your legs fully extended behind you.

Lift your chest, arms and legs off the floor by arching your back. Only the tops of your quads and your lower abdomen should be in contact with the floor.

Hold for a count of 2 while squeezing your abdominals and obliques.

Return to the starting position for a count of one, then repeat.

This exercise can be done using one arm and its opposite leg at a time. For example, right arm and left leg raised while your left arm and right leg remain on the floor. This method of execution allows you to use the free hand to push down on the floor to lift your chest higher from the ground.



Hip Raises / Butt Lift / Bridges

Primary muscle group(s):

Glutes & Hip Flexors, Hamstrings

Secondary:

Abs, Lower Back

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

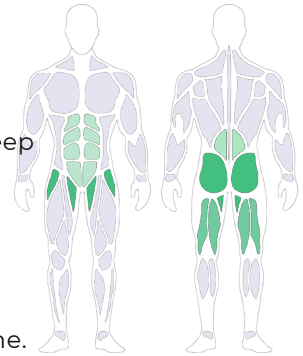
Place your hands out to your sides palms flat for stability.

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



Static Squat Hold

Primary muscle group(s):

Quadriceps

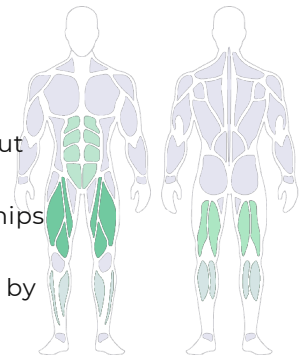
Secondary:

Abs, Calves, Hamstrings

Place your feet at shoulder-width or just outside of shoulder-width. Turn your toes out slightly. Brace your core and keep your chest up.

Swing your arms up to shoulder level as you slowly bend your knees and push your hips backward. Lower yourself until your thighs are parallel with the ground.

Pause and stay in this position for as long as you can. Return to the starting position by dropping your arms and push your hips forward.



Dead Bug

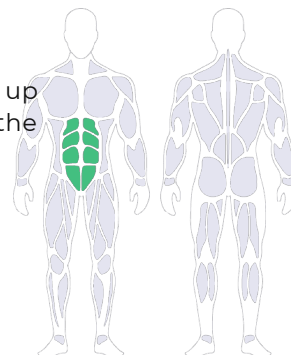
Primary muscle group(s):

Abs

Lie on your back. Extend hands straight above towards the ceiling. Bring your knees up to a 90-degree angle. Shins should be parallel to the floor. Exhale and bring hips off the floor.

Begin by extending one leg forward. The foot should be hovering just above the ground.

Pause then return the leg to it's starting position while extending the opposing leg. Keep alternating legs while maintaining a tight core.



Air Squats

Primary muscle group(s):

Quadriceps

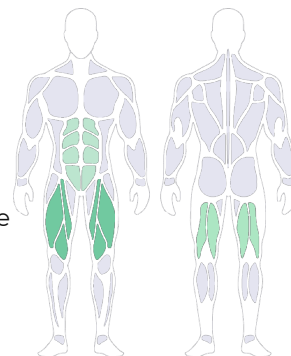
Secondary:

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.



Side Plank

Primary muscle group(s):

Obliques

Secondary:

Abs

Lie on your side on an exercise mat.

Fully extend your legs with one resting on top of the other.

Fully extend the top arm down the side of your body.

Bend the arm at floor level to 90 degrees. Your upper arm should be parallel to your body, while your forearm is at 90 degrees. This is the start position.

Lift your body off the ground and balance on your forearm and the side of your foot, while keeping your body in a straight line.

Contract your abdominal muscles and relax your shoulders.

Continue breathing throughout the whole exercise.

Hold this position for as long as you can.

Relax and change sides.

Repeat.

