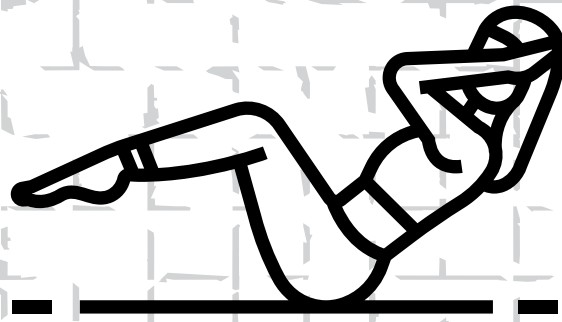


WEEK 2



**S-T-U-V
CIRCUIT**

Rongoā Kākāriki

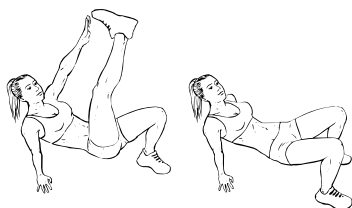
GREEN
PRESCRIPTION

S. T. U. V. Circuit

35 min · Abs, Back, Legs

Yeah, you read that right. We have 4 circuits today! WE have to complete all of the letters, right? Each circuit has a 10-minute time cap, rest when necessary, and begin the final week in a special kind of style.

Crab Toe Touches

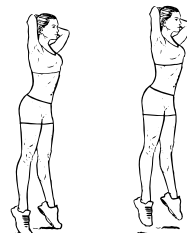


no rest

66 reps

Circuit S. Don't gas out on circuit S!

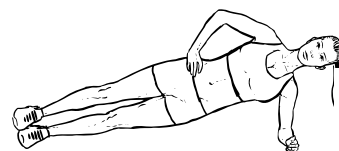
Jumping Calf Press



110 reps

Circuit S. Calf pressing is your new forte.

Side Plank



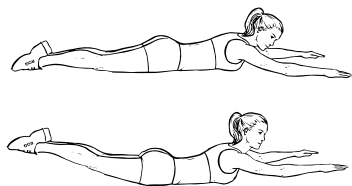
no rest

no rest

100 secs

Circuit S. Your final left planks of the plan. Give them a good show!

Supermans

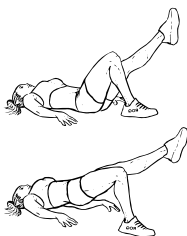


no rest

50 reps

Circuit T. You are a superhero.

Single Leg Hip Raises



66 reps

Circuit T. Single leg bridges, because double leg bridges are a thing of the past. Go for 33 per side.

Static Squat Hold



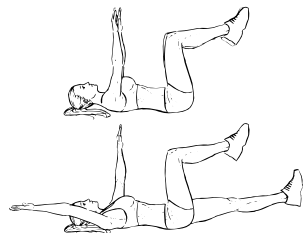
no rest

no rest

100 secs

Circuit T. Your static holds are on point!

Dead Bug

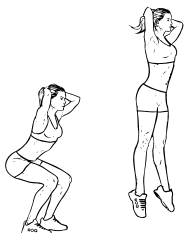


no rest

66 reps

Circuit U. Your movement is well under control now. Keep the rhythm, and complete the reps in style.

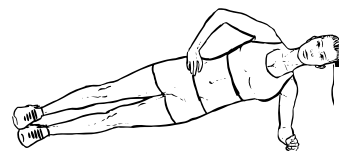
Jump Squats



40 reps

Circuit U. 40 jump squats! Ouch!

Side Plank



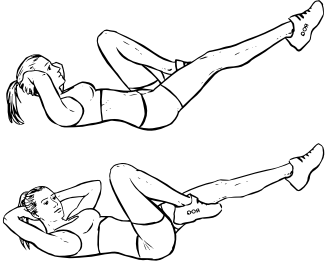
no rest

no rest

100 secs

Circuit U. Stay on the right here. Like driving in Spain.

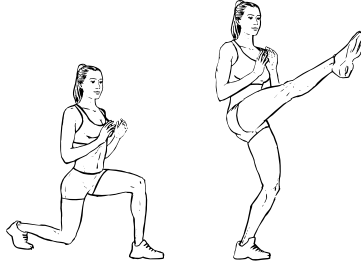
Bicycles



100 reps

Circuit V. Into foreign territory with our 4th circuit! Check the instructions if necessary!

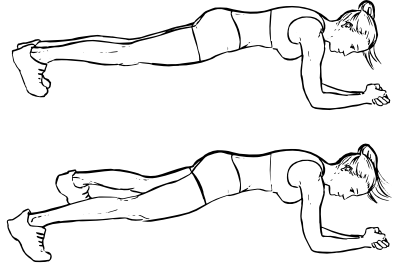
Lunge Front Kicks



50 reps

Circuit V. Go for the full 25 reps per leg!

Plank Jacks



100 secs

Circuit V. 100 seconds of plank jacking to tie up the workout!

no
rest

no
rest

Crab Toe Touches

Primary muscle group(s):

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

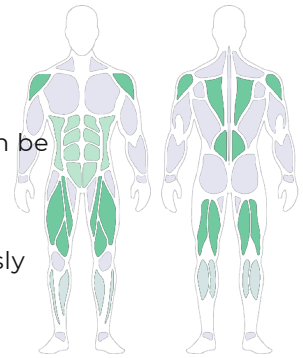
Secondary:

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.

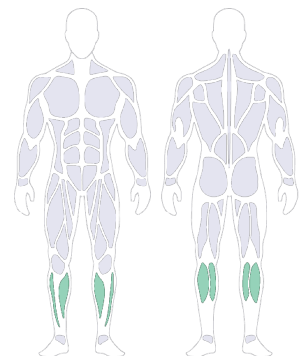
Keep your back straight and your core tight.

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

Obliques

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.

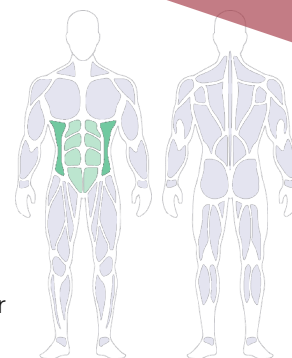
Contract your abdominal muscles and relax your shoulders.

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

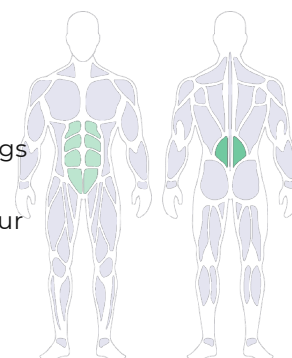
Lie face down on a mat, with your arms fully extended above your head and your legs fully extended behind you.

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 it's 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.



Single Leg Hip Raises / Glute Bridges / Hip Extensions with LegLift

Primary muscle group(s):

Glutes & Hip Flexors

Secondary:

Abs, Hamstrings, Quadriceps

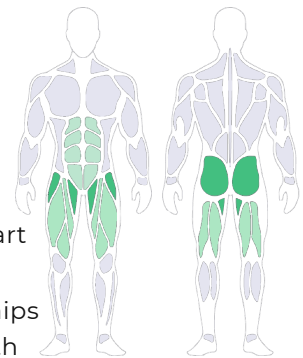
Lie on an exercise mat with your knees bent so that your feet are flat on the floor.

Raise one leg off the floor and bend your knee up towards your chest. This is the start position.

Perform the exercise by pushing down through your other heel and pushing your hips up, raising your glutes off the mat. Continue until your hips are in a straight line with your torso. Hold for a count of one.

Return to the start position by lowering your hip to the floor.

Complete all the repetitions for one set before changing legs.



Static Squat Hold

Primary muscle group(s):

Quadriceps

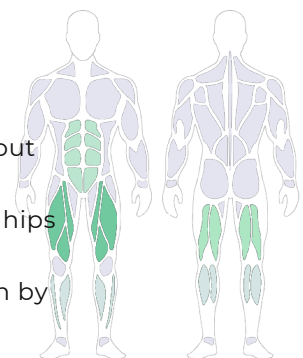
Secondary:

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.



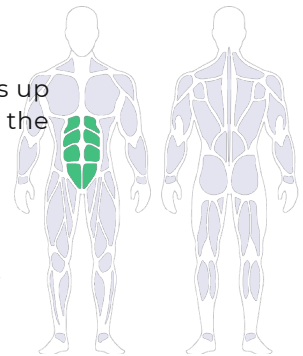
Dead Bug

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 its starting position while extending the opposing leg. Keep alternating legs while maintaining a tight core.



Jump Squats

Primary muscle group(s):

Glutes & Hip Flexors, Quadriceps

Secondary:

Abs, Calves, Hamstrings

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 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. Do not let your knees extend out beyond the level of your toes.

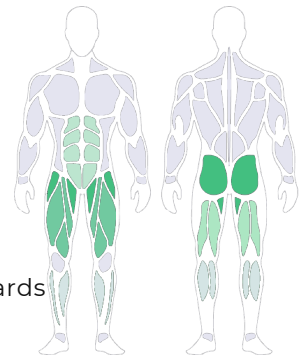
Pause for a count of one.

In an explosive movement, drive down through your heels pushing yourself up of the floor with your quads.

At the same time extend our arms out above you.

Land with your knees slightly bent to absorb the impact.

Repeat



Bicycles / Elbow-to-Knee Crunches / Cross-body Crunches

, Obliques

Glutes & Hip Flexors, Quadriceps

flat on an exercise mat on the floor keeping your lower back straight with no arching of your spine and with your knees bent and feet flat on the floor.

Place your hands lightly on the sides of your head.

Curl your torso upwards so your shoulders are slightly raised off the floor..

Raise your knees until your thighs are at a right angle to the floor and your calves are parallel to the floor. This is the start position.

Slowly move your legs in a pedaling action as if you are riding a bicycle.

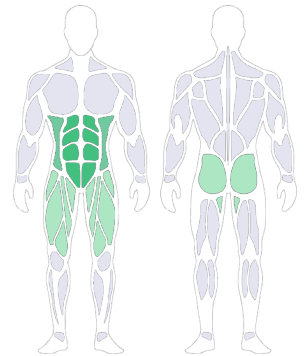
As you do so, exhale and bring your opposing elbow close to each knee by crunching to one side. Left elbow to right knee. Right elbow to left knee.

After each crunch, return to the start position inhaling as you do so.

1 Without pausing, repeat the movement to the other side.

Repeat without pausing for the desired number of repetitions to each side.

Do not use your hands to pull your head and neck up during this exercise. Doing so may cause injury. Concentrate on a slow rhythmic cycle from side to side with perfect form for each repetition.



Lunge / Front Kicks

Primary muscle group(s):

Glutes & Hip Flexors, Quadriceps

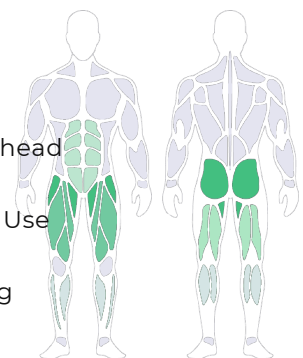
Secondary:

Abs, Calves, Hamstrings

Stand straight up with a tight core and flat back. Keep your gaze focused straight ahead as you step back with your right leg.

As you step forward into the starting position, launch the right leg into a front kick. Use the left side hand to touch your toe, if you are able to.

Return your right leg to the starting position. Repeat on other side. Keep alternating until you complete the set.



Plank Jacks / Extended Leg

Glutes & Hip Flexors

Lower Back

Get into a pushup position with hands under shoulders and body straight from head to toes.

Engage your core and bend your elbows, keeping them in towards the body.

Lower your body towards the floor.

Straighten your arms and quickly jump the feet forward to outside of the hands.

Jump back to starting position.

