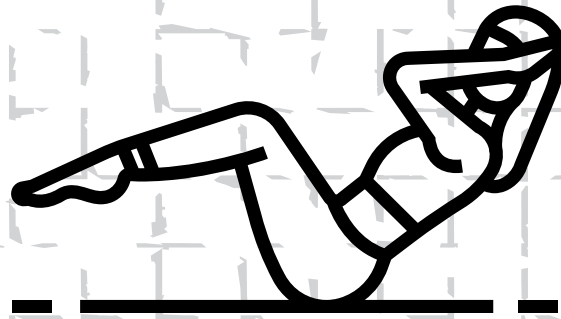


WEEK 6



**W-X-Y-Z  
CIRCUIT**

Rongoā Kākāriki

**GREEN**  
PRESCRIPTION

# W. X. Y. Z. Circuit

34 min · Abs, Chest, Legs, Shoulders

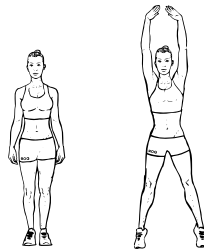
## Crab Walks



66 reps

Circuit W. 66 steps!

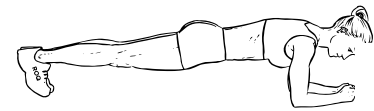
## Jumping Jacks



120 reps

Circuit W. I probably don't need to tell you this, but these are the final star jumps of the plan!

## Plank



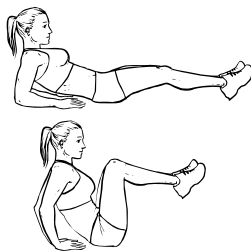
no rest

no rest

100 secs

Circuit W. A perfect moment to reminisce!

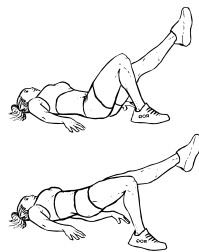
## Leg Pull-In Knee-ups



66 reps

Circuit X. It sounds so mysterious, huh? 'Circuit X'...

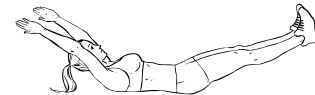
## Single Leg Hip Raises



66 reps

Circuit X. Raise up 33 times per side and hold for 1 second before lowering.

## Hollow Body Rock Hold



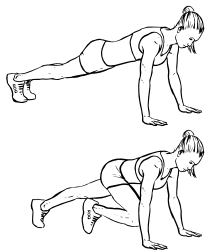
no rest

no rest

66 secs

Circuit X. We have successfully completed Circuit X with no casualties.

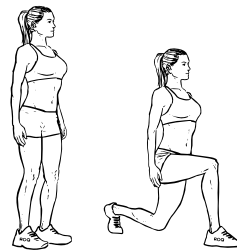
## Mountain Climbers



120 reps

Circuit Y. You're practically on top of Kilimanjaro. How's the weather up there?

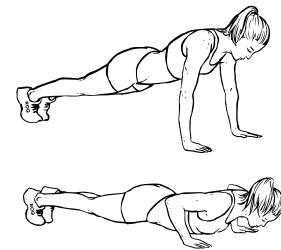
## Bodyweight Walking Lunges



54 reps

Circuit Y. 54 total steps, the smaller the step, the more it works the quadriceps!

## Push-ups



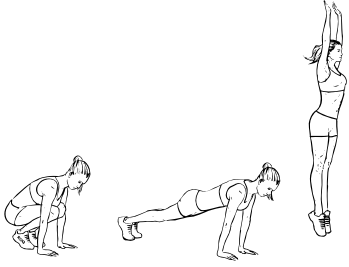
no rest

no rest

35 reps

Circuit Y. You can do it! Hit as many as you can before modifying. One more circuit to go!

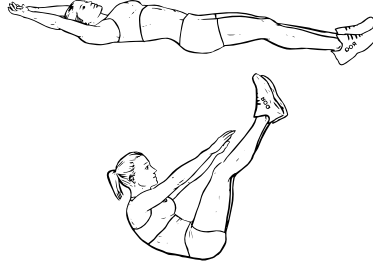
Burpees



20 reps

Circuit Z. We are on to the final circuit!  
Let's go out with a bang! Push push push!

Jackknife Sit-up



24 reps

Circuit Z. Touch those toes with every rep!

Standing Long Jumps



28 reps

Circuit Z. Jump into the future! You've  
done it! The bed awaits you. I promised  
myself I wouldn't cry... :D

no  
rest

no  
rest

## Crab Walks

Primary muscle group(s):

Glutes & Hip Flexors, Shoulders

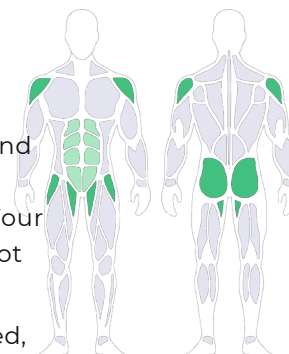
Secondary:

Abs

Sit on the ground with your knees bent, feet flat on the ground and your hands behind you. Your hands should be facing forward towards you.

Begin the movement by lifting your hips into the air and bracing your abdominals. Your hips must stay up throughout the movement. Walk forward by moving your right foot and right hand forward. Switch to the left side.

Continue this back and forth pattern while keeping your hips elevated. When finished, lower yourself to the ground.



## 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.

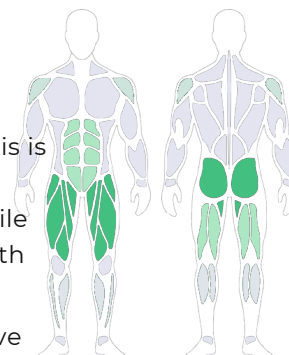
Bend your knees slightly then straighten and push through the balls of your feet while straightening your knees to jump up spreading your legs to wider than hip width apart.

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.

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.



## Plank

### Abs

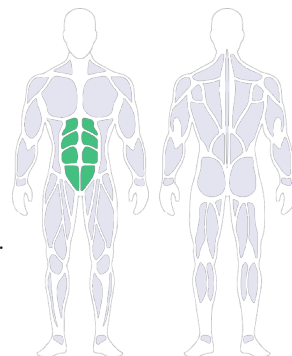
Get into a face down position on the floor supporting your upper body on your forearms. Your elbows should be bent at 90 degrees.

Extend your legs straight out behind you, supporting them on your toes and balls of your feet.

Keep your body in a straight line by tightening your abdominal and oblique muscles.

Hold for as long as possible.

 For extra balance training and core strengthening, you can lift one arm or leg.



## Leg Pull-In Knee-ups

Primary muscle group(s):

Abs

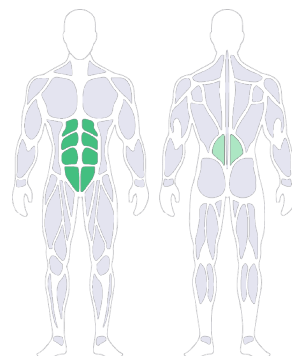
Secondary:

Lower Back

Lie flat with hands under your buttocks.

Keep your knees together and pull them in towards you while moving your torso towards them (lift your head, neck and shoulders up).

Hold and then slowly return to starting position.



## Single Leg Hip Raises / Glute Bridges / Hip Extensions with Leg Lift

Primary muscle group(s):

Glutes & Hip Flexors

Secondary:

Abs, Hamstrings, Quadriceps

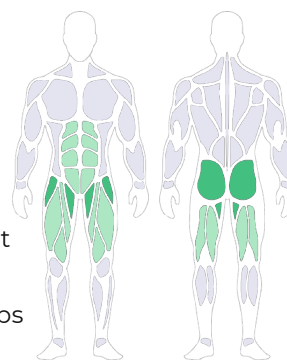
Lie on an exercise mat with your knees bent so that your feet are flat on the floor.

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.



## Hollow Body Rock Hold

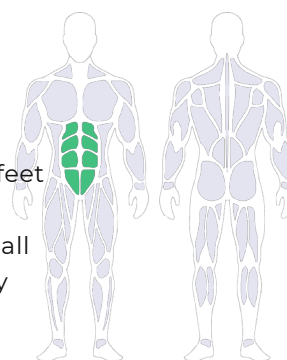
Primary muscle group(s):

Abs

Lie down on a padded surface. Have your arms extended above your head with your feet straight out in front of you. Point the toes down and forward.

Begin the movement by contracting the core. Simultaneously, move the hands and feet up. Keep the legs and arms straight.

With your gaze straight ahead, bring your chest and legs off of the ground, focusing all of the tension in your core. Hold this position for as long as you can. Afterward, slowly return to the starting position.



## Mountain Climbers / Alternating Knee-ins

, Glutes & Hip Flexors

Chest, Shoulders

Place your hands flat on the floor, shoulder width apart.

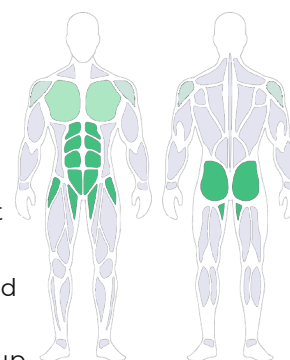
Extend your torso and legs fully behind you with only your toes and balls of your feet touching the floor.

Your body should be in a straight line, with your weight supported on your hands and toes only.

Starting with either leg, flex your knee and hip at the same time to bring your knee up and under your hip. Your other leg should remain fully extended. This is the start position.

Using an explosive movement, reverse the position of your legs, by extending the bent leg back and simultaneously flexing the straight leg until it is in the start position.

Continue alternating in this manner for the desired amount of time.



## Bodyweight Walking Lunges

Quadriceps

Calves, Glutes & Hip Flexors

Stand straight with your feet shoulder width apart and place your hands on your hips. This is the start position.

Step forward with either leg in a long stride. Keep your other foot in place behind you.

Bend your knees as you do this so your body is lowered towards the ground. Keep your back straight throughout the movement.

Continue down until your front knee is just above the ground. (Your front leg should be bent 90 degrees at the knee)

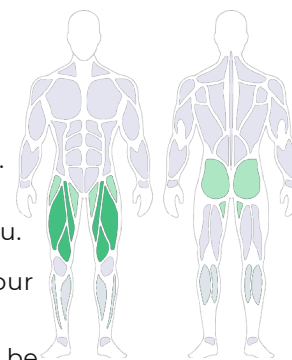
Hold for a count of one.

- ➊ Push down through your front heel and extend both knees to return to the start position.

Pause then repeat with your other leg. When you have lunged with both legs, that is one repetition.

Repeat.

Try to keep your hands on your hips at all times, using your obliques to keep your balance.





## Push-ups / Pushups

Chest

, Shoulders, Triceps

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

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

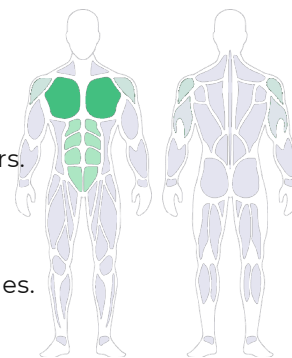
Hold your body up and keep your back straight by tightening your abdominal muscles.

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.



## Burpees / Squat Thrusts

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)

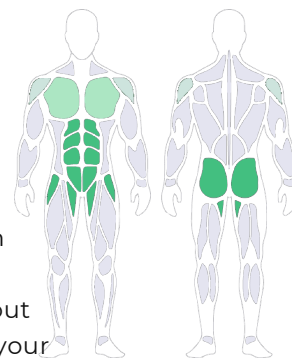
Jump your feet out by spreading your legs, so that they are wider than hip width apart, then immediately jump them back together.

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.



## Jackknife Sit-ups / Crunch / Toe Touches

### Glutes & Hip Flexors

Lie flat on an exercise mat, extending your arms straight back behind your head.

Fully extend your legs also. This is the start position.

Bend at your waist and at the same time, raise your legs and arms to meet in a closed jackknife position. Exhale as you do this.

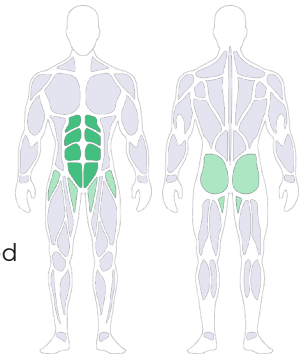
At this point, your legs should remain fully extended at between 35-45 degrees from the floor.

Your arms should be fully extended, parallel to your legs.

Your upper body should be raised off the floor.

Return to the start position by lowering your arms and legs back to the floor, exhaling as you do so.

Repeat.



## Standing Long Jumps

### Primary muscle group(s):

Glutes & Hip Flexors, Quadriceps

### Secondary:

Abs, Calves, Hamstrings

Begin by standing tall with a straight back and tight core. Slightly bend the knees and push the hips back. Bring the hands up and keep the chest up. Feet should be shoulder-width apart.

Jump and launch yourself forward. Swing your arms back and use the momentum.

Land in a squat position. Knees are bent and hips are back. Return to starting position and repeat.

