

Program for:

None

Summer Challenge 2015

Endurance/Strength

Weight Loss and Toning

none

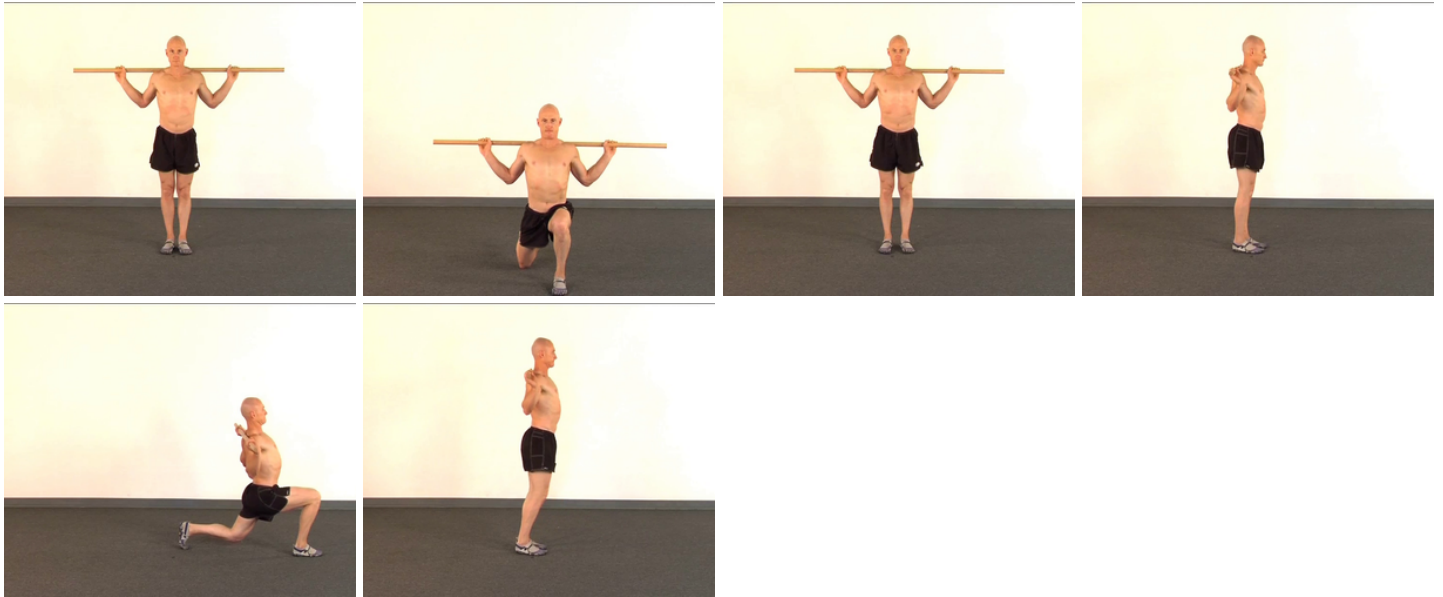


Created by: Cody Robinson

Home Fit Consulting, LLC.

205-675-7412

Forward Lunge



Sets: 1 Rest: 30 sec Reps: 12 Tempo: Relative Intensity: Weight: bw

Sets: 1 Rest: 30 sec Reps: 12 Tempo: Relative Intensity: Weight: bw

Notes:

none

Instructions:

1. Standing with good posture draw the belly button inward.
2. Step forward keeping good posture lower to the point where your back knee just touches the ground.
3. Stand back up returning to the start position.

Additional Instructions:

none

Program for:

None

Summer Challenge 2015

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Weight Loss and Toning

none



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Push Up To Side Plank



Sets: 1 Rest: 30 sec Reps: 14 Tempo: Relative Intensity: Weight: bw

Notes:

none

Instructions:

1. In a push up position with your hands shoulder width apart.
2. Drawing your belly button inwards bend your elbows to lower your chest towards the floor.
3. Push with your arms to rise up onto one arm whilst twisting your trunk to form a side bridge.
4. Pause then twist back to the push up position.
5. Repeat performing the side bridge movement on alternate sides.

Additional Instructions:

none

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None

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none

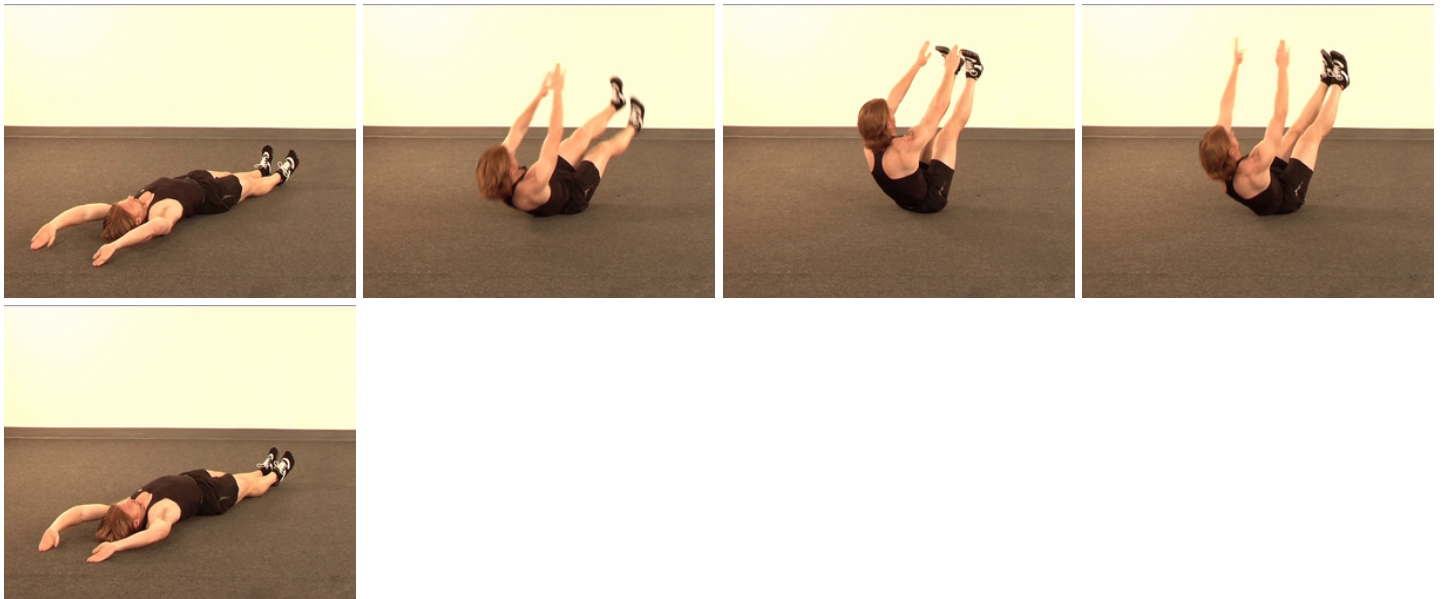


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205-675-7412

V Up



Sets: 1 Rest: 30 sec Reps: 30 Tempo: Relative Intensity: Weight: bw

Notes:

none

Instructions:

1. Lying on your back with your arms overhead.
2. Drawing your belly button inwards bend at the hips lifting your legs and trunk simultaneously to touch your finger tips to your toes.
3. Lower under control and repeat.

Additional Instructions:

none

Program for:

None

Summer Challenge 2015

Endurance/Strength

Weight Loss and Toning

none

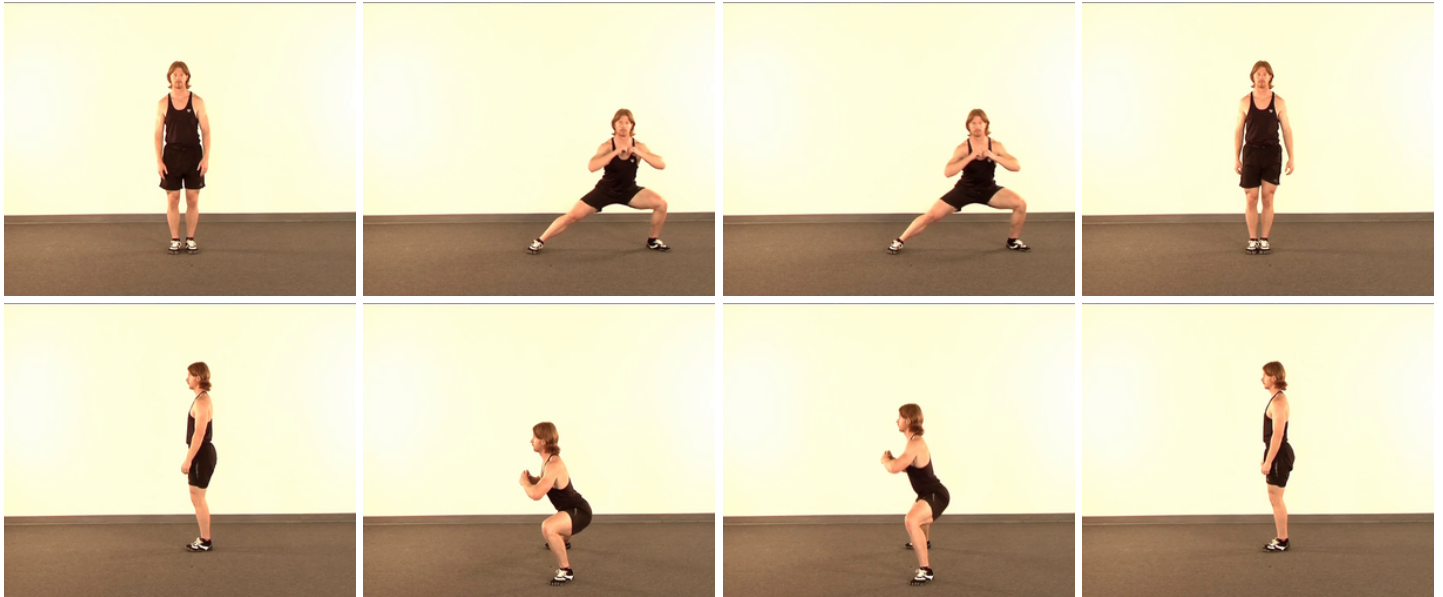


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Lateral Lunge



Sets: 1 Rest: 30 sec Reps: 12 Tempo: Relative Intensity: Weight: bw

Sets: 1 Rest: 30 sec Reps: 12 Tempo: Relative Intensity: Weight: bw

Notes:

none

Instructions:

1. Standing with feet together. Draw the belly button inwards.
2. Step out to the side 3 or 9 o'clock depending on which leg you're using. Both feet should be facing forward bending the leg you step out with.
3. Your upper body will bend forward slightly and your weight will shift over the foot you are stepping out with. Return to the start.

Additional Instructions:

none

Program for:

None

Summer Challenge 2015

Endurance/Strength

Weight Loss and Toning

none

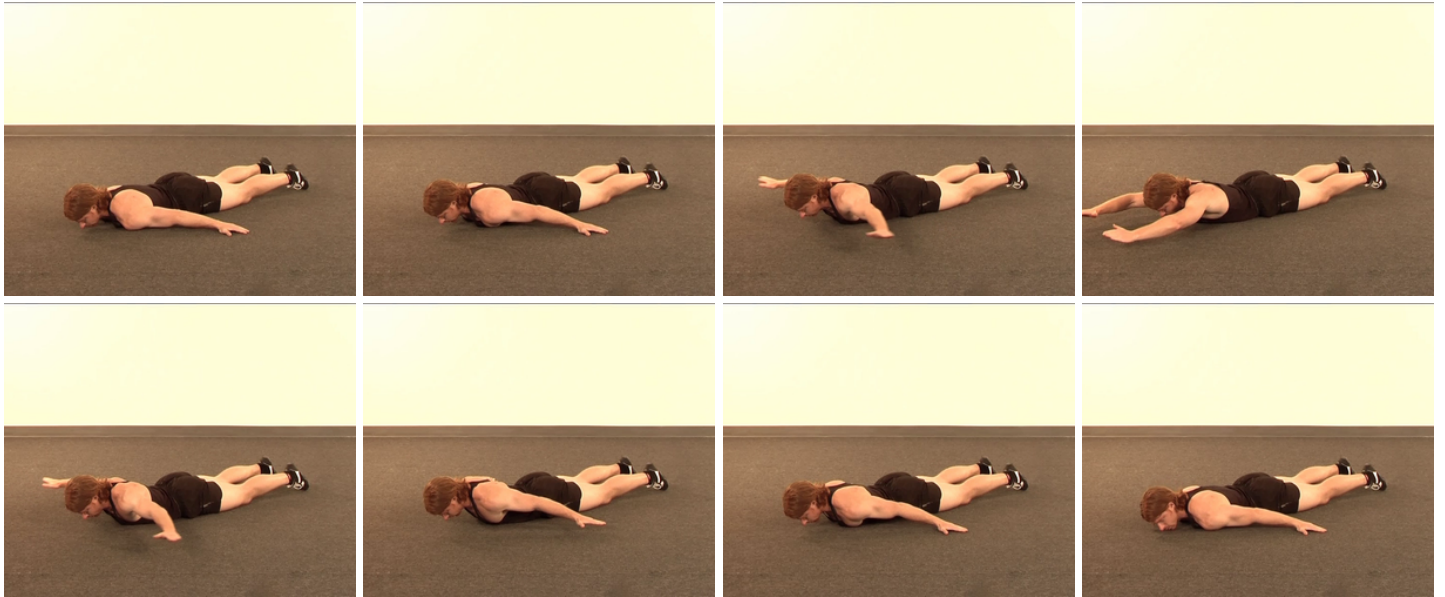


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Prone Trunk Extension With Arm Movement



Sets: 1 Rest: 30 sec Reps: 15 Tempo: Relative Intensity: Weight: bw

Notes:

none

Instructions:

1. Lie face down on the floor with your arms above your head at a 45° angle to your body.
2. As you inhale pick your chest up off the floor with your neck in neutral alignment simultaneously squeezing your shoulder blades together and lifting your arms as high as you can with thumbs up.
3. Keeping your chest up move your arms horizontally to beside your hips and back to above your shoulders.
4. You should feel the muscles between your shoulder blades doing the work. If you feel stress in your low back squeeze your butt cheeks together prior to lifting your torso.
5. Hold until you need to breathe out and exhale as you lower.
6. Repeat

Additional Instructions:

none