

Program for:

**None**

Summer Challenge 2015

Endurance/Strength

Weight Loss and Toning

none

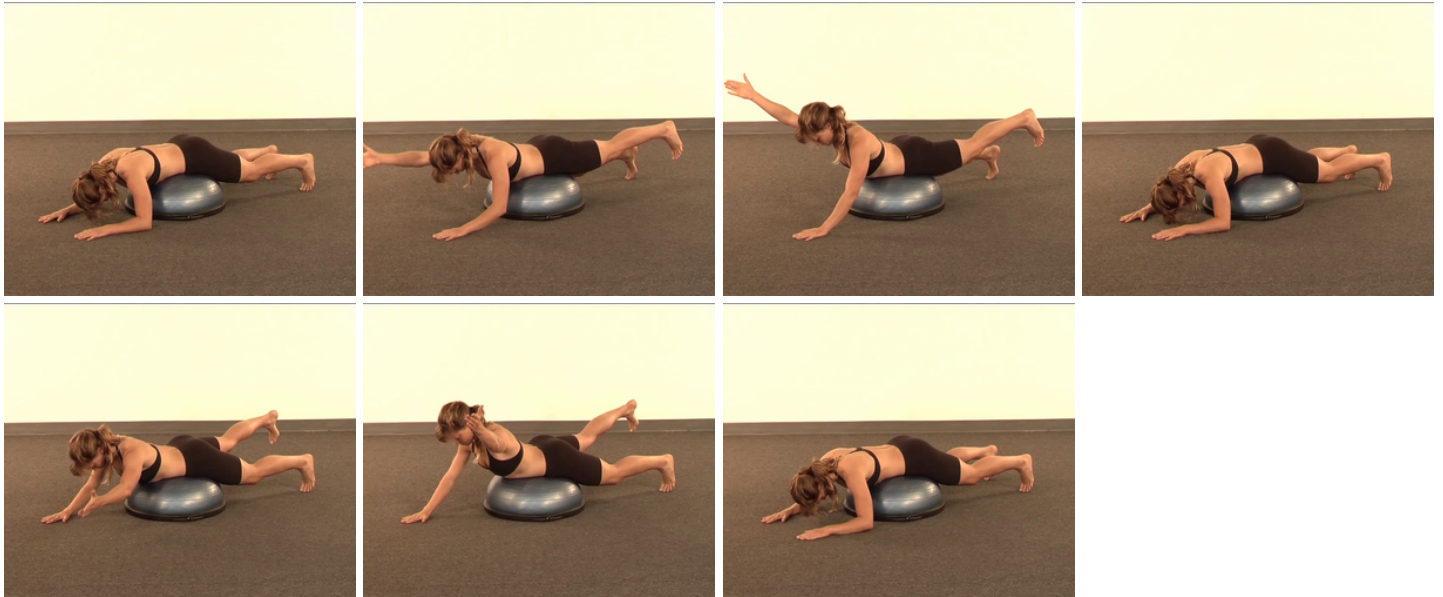


Created by: Cody Robinson

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205-675-7412

## Alternating Superman On Bosu



Sets: 2 Rest: 30 sec Reps: 20 Tempo:

### Notes:

none

### Instructions:

1. Lying face down over a Bosu with your arms overhead at a 45° angle
2. Drawing your belly button in towards your spine lift one arm and the opposite leg off the floor hold and lower
3. Repeat with the opposite arm and leg

### Additional Instructions:

none

Program for:

**None**

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none



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## Swiss Ball Trunk Extension Arms by Side

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Sets: 2 Rest: 30 sec Reps: 15 Tempo:

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### Notes:

none

### Instructions:

1. Lie over a swiss ball face down with your arms by your side.
2. Lift your torso up while squeezing your shoulder blades together.
3. Hold lower and repeat.
4. Keep your head and neck in good alignment.

### Additional Instructions:

none

Program for:

**None**

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none



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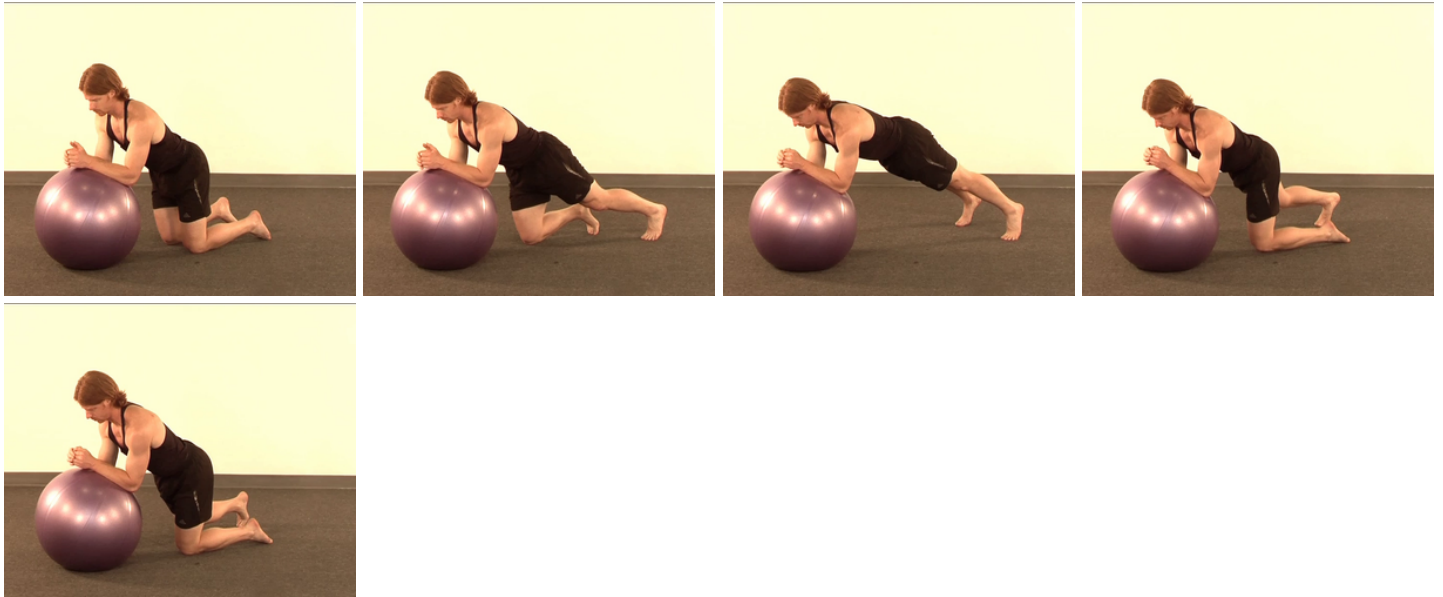
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## Ab Plank on Swiss Ball

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Sets: 2 Rest: 30 sec Reps: 10 Tempo:

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### Notes:

none

### Instructions:

1. To be written.

### Additional Instructions:

none

Program for:

**None**

Summer Challenge 2015

Endurance/Strength

Weight Loss and Toning

none

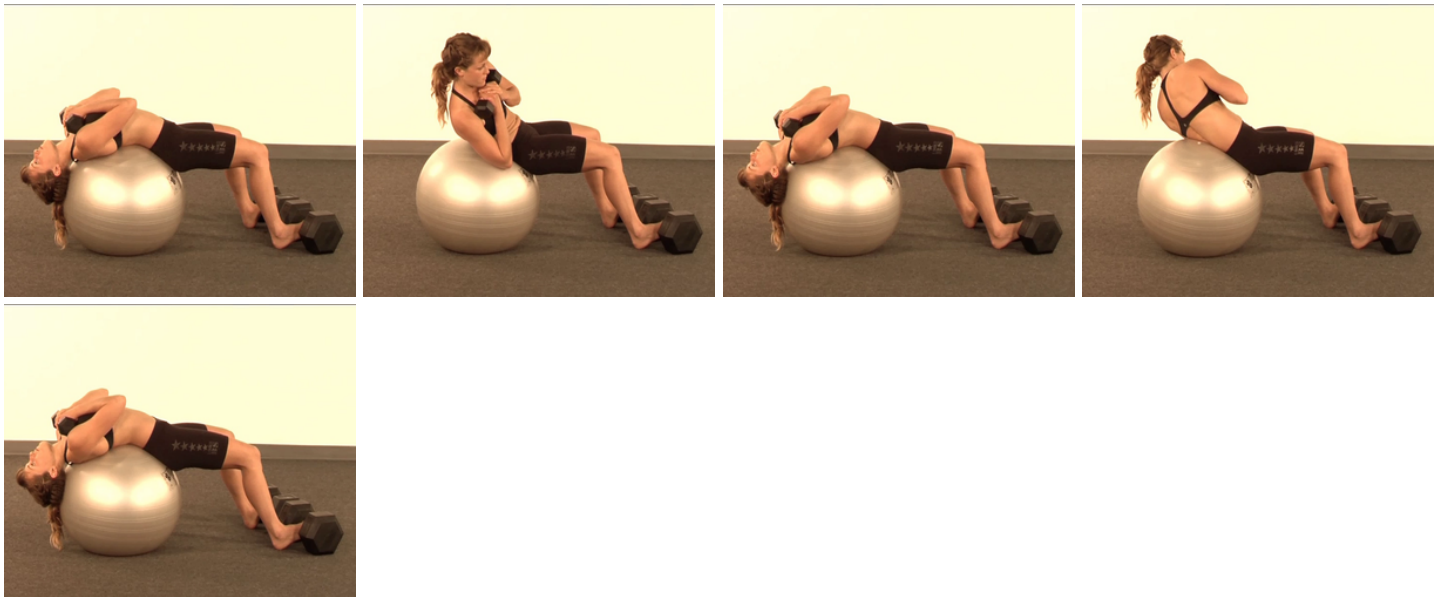


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## Dumbbell Oblique Weighted Crunch On Swiss Ball Feet Anchored



Sets: 2 Rest: 30 sec Reps: 15 Tempo:

### Notes:

none

### Instructions:

1. Lying over a swiss ball with your tailbone and head touching holding a dumbbell in front of one side of your chest and your tongue on the roof of your mouth. Anchor your feet against a wall or under a support or heavy dumbbells.
2. Drawing your belly button inwards crunch up rotating your trunk to the side as you rise up. Imagine rolling from your head to your spine like rolling up carpet.
3. Reverse the movement unwinding from the low back to your head and repeat.
4. Perform on the opposite side with the dumbbell on the other side of your chest.
5. Exhale on the way up and inhale on the way down.

### Additional Instructions:

none

Program for:

**None**

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none



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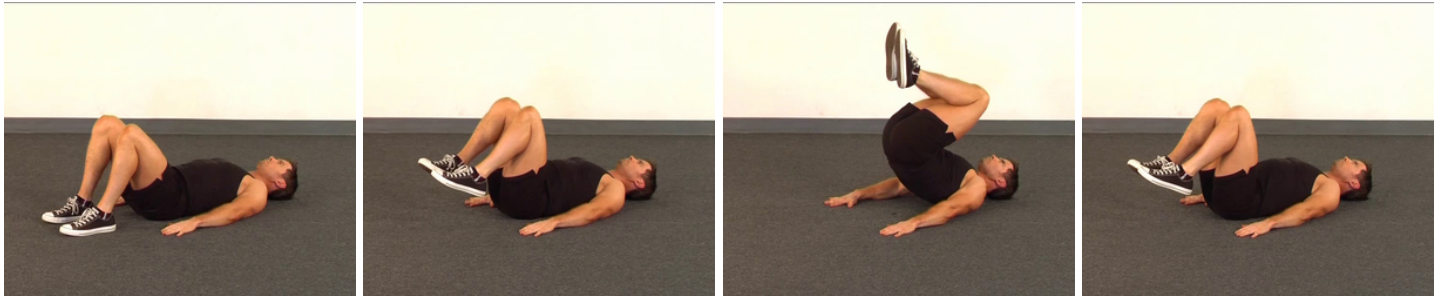
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## Reverse Crunch On Floor

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Sets: 2 Rest: Reps: 10 Tempo:

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### Notes:

none

### Instructions:

1. Lying on your back with your arms on the floor and feet off the floor thighs vertical knees bent.
2. Drawing your belly button inwards lift your pelvis off the floor and curl your spine peeling off the floor joint by joint. Use as little movement at your hips as possible.
3. Lower under control and repeat.

### Additional Instructions:

none