

WORKOUT 2

Exercise Group #1

Complete 5 sets of 20 reps for each exercise below

- Jump Squats
- Crunches
- Step Ups w/Kettlebells

Exercise Group #2

Complete 5 sets of the exercises below

- 5 Burpees
- 10 Pushups
- 15 Tricep Dips
- 20 Mountain Climbers

Exercise Group #3

Complete 5 sets of the exercises below

- 15 reverse crunches
- 15 vertical toe touches
- 30 bicycle crunches



JUMP SQUATS – Using your bodyweight, slightly move your hips back to force the weight onto your heels, slowly lower your body by bending your knees until your knees are approximately ninety degrees bent. In an explosive movement, jump up as high as you can and land gently onto your toes and repeat.

CRUNCHES – Lying on your back – push your lower back into the floor by raising your hips, support your neck and crunch by lifting your shoulders and shoulder blades off the floor.

STEP UPS W/KETTLEBELLS – While holding kettlebells in each hand, step up onto a bench or chair one foot at a time until both feet are up. Step back down onto the floor one foot at a time. That's one rep. Alternate starting foot and repeat.

BURPEES - Begin in a standing position. Drop into a squat position with your hands on the ground. Extend your feet back in one quick motion to assume the front plank position. Return to the squat position in one quick motion. Return to standing position.

PUSHUPS – starting in a prone position, raise and lower the body by pushing your hands into the floor to lift the body and slowly lower back down. Repeat.

TRICEP DIPS - Position your hands shoulder width apart on a secured bench or stable chair. Move your booty in front of the bench with your legs bent and feet placed about hip width apart on the floor. Straighten out your arms and keep a little bend in your elbows in order to always keep tension on your triceps and off your elbow joints. Now slowly bend at your elbows and lower your upper body down towards the floor until your arms are at about a 90 degree angle. Be sure to keep your back close to the bench. Once you reach the bottom of the movement, slowly press off with your hands, and push yourself straight back up to the starting position.

MOUNTAIN CLIMBERS - Place hands on floor, slightly wider than shoulder width. On forefeet, position one leg forward bent under body and extend other leg back. While holding upper body in place, alternate leg positions by pushing hips up while immediately extending forward leg back and pulling rear leg forward under body, landing on both forefeet simultaneously.

REVERSE CRUNCHES - Start with laying down on a comfortable mat or carpet. Place hands under your hips. Extend legs outwards with a slight bend in the knees. Next you will need to tighten and tense your abs. Bring your legs towards your chest. Do bring the legs as close to your chest as possible. When you can no longer bring them any closer you will need to bring your hips off the ground to give yourself a final 'push'. Lastly you will need to lower your legs back down. Do this slowly and in a controlled manner. While doing this keep your abs tight.

VERTICAL TOE TOUCHES - Lie flat on your back. Bend your knees so that your feet are flat on the floor. Place your arms by your sides. Tighten your abdominal muscles. Contract your shoulder blades. Slowly, lift both feet off the floor until your thighs are vertical to the floor. It's okay if your toes point away from your body. Place your hands on your thighs. Your shoulder blades should stay flat on the floor. Exhale. Further contract your abs to pull your head and shoulders off the floor. As you do so, run your hands up your thighs towards your ankles. Continue the motion until your shoulder blades are completely off the floor. Your hands should be close to, if not touching, your feet/toes. Hold for 5 to 10 seconds. Return to the starting position in a slow, controlled manner. Then, repeat.

BICYCLE CRUNCHES - Begin by lying on your back, placing your hands behind your ears. Do not put your hands clasped behind your head. Lift your legs in the air and bend your knees so that your legs form a 90 degree angle. Move your legs in a bicycle motion. When your left knee is closer to your body, reach your right elbow to it. When your right knee is closer to your body, reach your left elbow to it.