



## ANYWHERE ANYTIME WORKOUT

### UPPER BODY: X 4 SETS

60 SECOND PLANK

12 PUSH UPS

12 TRICEP DIPS

12 SIT UP OR CRUNCHES (leave these out if you have any back issues)

30 STAR JUMPS (JUMPING JACKS)

#### PLANK



Lift yourself up, placing your weight on your toes and lower your arms one at a time so that your forearms are touching the ground. Your weight should be distributed equally on your toes and forearms.

Keep your back straight with your head facing the ground, tightening your core and buttocks. Make sure to keep your hips in line with your back and legs.

#### PUSH UPS



Start in a plank position, with your hands slightly more than shoulder-width apart. Your core muscles should be tight so that your back and hips are totally flat.

Inhale, keeping eyes on your mat or looking straight ahead start to lower your body down. Keep your shoulders back and your elbows tucked in as you do so. Make sure not to let your back arch!

As you exhale, push yourself back up, maintaining the same body position.

## TRICEP DIPS



Sit on the mat or towel with your feet out in front, knees bent to 90 degrees and hands face down behind you.

Keeping your elbows pointing behind you, slowly raise your shoulders until your arms are almost straight. Slowly return to the starting position without letting your bum touch the floor. Repeat steps 2 and 3.

## SIT UPS



Lay flat on the back, lift the torso to a sitting position, and then lay flat again without changing the position of the legs. Keep knees bent.

## LOWER BODY: X 4 SETS

12 SQUATS  
12 LUNGES EACH LEG  
40 REAR LEG LIFTS EACH LEG  
30 HIGH KNEES each leg (60 total)

### SQUATS



Stand with your feet shoulder-width apart, toes pointing straight ahead. Lower yourself from the hips and knees, maintaining a straight back until your thighs are parallel to the ground. Keep that same posture and drive yourself upwards from the balls of your feet. Make sure that your knees stay aligned with your toes throughout the entire exercise in order to prevent injury and get the most out of the movement.

### LUNGES



Step forward with one leg and lower your upper body down, bending your leg (don't step out too far). You should have about 60cm between your feet. Do not allow your knee to go forward beyond your toes as you come down, keeping your front shin perpendicular to the ground. Keep chest up tall and eyes looking forward. Push up and back and repeat. Do all the reps with one leg then switch.

## REAR LEG LIFT



Start from a kneeling position on all fours with knees about shoulder width apart and elbows or hands right below your shoulders.

Engage your core muscles to keep your back and spine in a neutral position, and torso tight.

Straighten one leg out long behind your body keeping hips square.

Keeping your core tight, lift your straight leg up and down behind you. Try to keep your torso and abs tight the whole time, so only your leg moves! This is a controlled movement using your glutes (avoid bouncing when lifting your leg).

## CARDIO: X 4 SETS

### STAR JUMPS

To do a **star jump**, stand tall with your arms by your side and knees slightly bent. **Jump** up, extending your arms and legs out into a **star** shape in the air. Land softly, with your knees together and hands by your side. Keep your abs tight and back straight during the exercise.

### HIGH KNEES

Stand straight with the feet hip width apart, looking straight ahead and arms hanging down by your side.

Jump from one foot to the other at the same time lifting your knees as high as possible, hip height is advisable.

The arms should be following the motion. Touch the ground with the balls of your feet.