



JustFIT & MissFIT Homework Week 1 Fall 2010

Equipment Needed: Mat (optional), a sturdy wall, a ledge/chair, hand weights or rocks or two (2) full water bottles (for bicep curls) and a positive can-do attitude! Don't forget to drink lots of water.....it's hot outside☺

1. **10-20 minutes of endurance cardio** (your choice – anything that raises your heart rate - cardio may include walking, cycling, running, elliptical, jumping jacks, bench step-ups etc.). It's best to break a small sweat while engaging in cardiovascular exercise.

2. **Lower Body**

Bench Drops (in slow motion, lower your body down toward the ground until your right foot is hovering about two inches from the floor. With your left leg on the bench, press your body back up to the starting position, placing the right foot back up on the platform. Repeat on the opposite leg) *(10-20 reps, 2 sets)*

Plie Squat - **Step 1:** Stand with your feet wider than shoulder-width apart, with your feet turned out and knees slightly bent. Place your hands on your hips. Lower your hips so that your knees bend to about 45 degrees and return to start. Repeat this 20 times slowly keeping your glutes engaged. **Step 2 (optional)** Then in one explosive movement, push from your feet to straighten your legs and hop into the air. Both feet should come off the ground. Repeat hops 20 times.

Line Drills

- i. **Sequence 1:** Side shuffle for 25 yards, touch ground w/ hand, pivot and immediately sprint 25 yards back to start line. Repeat facing opposite direction for the side shuffle
- ii. **Sequence 2:** From squat position frog-leap forward (two-footed hops using strength vs. momentum) 25 yards, touch ground w/ hands, pivot and immediately sprint 25 yards back to start. Repeat.
- iii. **Sequence 3:** Sprint 10 yards, touch ground and immediately sprint back to start, touch ground and immediately sprint 25

yards out, touch ground and immediately sprint 25 yards back to start. Repeat.

Wall Sit (remember your goal 😊)

Find a sturdy wall and have a seat, shoulders pressed into the wall, hips, knees and ankles at a 90 degree angle. Make sure your knees are not creeping over your toes and hold until failure (your legs should be shaking!! Raise both arms over your head, touch the wall behind you and lower. Repeat for entire length of wall sit.

3. Upper Body (follow the sequence below and then repeat)

Regular Push-ups or Decline (optional) Push-ups – Push-up position with both feet elevated (optional) on chair, wall, etc. and both hands on the ground. Core should be tight, hands shoulder width apart, body at an incline/decline position. Do 20 push-ups from this position and hold the last one, hovering just above the ground w/ elbows bent. Count to ten and release. As noted above, these can also be done from toes or knees. If you choose the knee option, attempt to do five (5) from your toes.

Immediately Transition into:

Plank Jacks - From push-up position, extend both legs out to the side (like a horizontal jumping jack) – 20 total

Mountain Climbers – From push-up position, bring (drive) one knee up towards chest and back, then bring opposite knee towards chest and back. Repeat quickly 20 times.

Tricep Dips (remember to keep your back as close to step, chair or ledge as possible) – this can also be done in the crab position – lower body down and up on a two (2) count (down for 2, up for 2) for 20 total. Finish with 15 single count tricep dips.

Bicep Curls - using hand weights, rocks or large water bottles (filled), one in each hand. With feet should-width apart, lower into a squat, hold elbows close to your body and SLOWLY raise your hands up toward your shoulder. Return to starting position and repeat. Do 20 bicep curls and hold the last one midway to the start position, hands parallel with elbows for 10 seconds. Repeat

4. Abdominals/Core work (2 Sets of each exercise below)

V-Up (or Partner throw downs)

Lie on your back arms outstretched above your head and legs stretched out the opposite direction. Legs are straight and pressed together. From this position, engage your core as you bring your arms and legs up at the same time to meet each other and then return to start. Repeat 20 times. Or work with a partner and repeat the throw downs – same as work out)

Bicycle Crunch Exercise

- Lie flat on the floor with your lower back pressed to the ground.
- Put your hands beside your head.
- Bring your knees up to about a 45-degree angle and slowly go through a bicycle pedal motion.
- Touch your left elbow to your right knee, then your right elbow to your left knee.

Pendulum Legs

Lie on your back with your hands underneath your lower back for support. Raise and hover your legs 2 inches from. Legs are straight, knees pressed together, glutes engaged. Move your legs from side-to-side in a slow and controlled motion (like a pendulum) 20 times (1 time = moving legs from the left to the right side AND back to the left). Knees should stay pressed together the entire time. Power is coming from your core. End with both legs hovering directly above the floor, squeeze glutes and hold for ten seconds. t

Plank

Reps – hold for 2 minutes (remember by week six it's a 6 minute plank). Repeat.

Positioning – lying flat on your stomach, come up onto your toes and forearms. Back, head and legs should be straight as a board.

Stretch, Drink Water and Pat Yourself on the Back for completing your workout! Awesome Job!!