



Miss F.I.T. Homework – Week Two

Equipment Needed: Water bottle, mat (optional), MVP Band (optional) a sturdy wall, a ledge/chair and a positive can-do attitude! 😊

1. 10-20 minutes of 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. Upper Body (*Option A with MVP Band or Option B w/o MVP Band*)
 - a. **Option A** – clip band at waist height
 - i. **External Rotation**
 - ii. **Row with elbows** “down and into the pocket”
 - b. **Option B** – use bench
 - i. **Bench Push-ups** (from knees or toes) (10-20 reps, 2 sets)
 - ii. **Tricep Dips** (remember to keep your back as close to step, chair or ledge as possible)

 3. Lower Body (*follow the sequence below and then repeat*)
 - i. **Walking lunge** – 20 slow and deep steps - be careful to keep your knee behind your toe

 - ii. **Jump Squats** (remember to keep your knees behind your toes) 10 jump squats, followed by a 10 second squat hold.
- 5 minute cardio (your choice – line drills, jumping jacks, jump rope, fast walk, etc.)

 - Abdominals/Core work (*2 Sets of each exercise below*)
 - Crunches (always)** – 20 Reps
 - Positioning: Lying on back w/ feet planted, knees bent. Finger-tips are pressed lightly behind the ears (avoid pulling on neck or head).

Oblique work – 4 per side (count is 1,2,3,4 switch 1,2,3,4)
Positioning: From crunch position bring opposite elbow to opposite knee for four counts.

Flutter Kicks Reps – 20 flutter kicks
Positioning – lay on back, legs straight, hands underneath the lower back for protection. Lift your feet 2-3 inches of the ground and flutter kick your legs (small movements)

Plank

Reps – hold for 1 minute (typical length of a television commercial). 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 and Water (remember to hydrate through-out your work-out)