



Miss F.I.T. Homework – Week Three

Equipment Needed: Water bottle, mat (optional), MVP Band (optional) a sturdy wall, a ledge/chair and a positive can-do attitude! Drink lots of water.....it's starting to heat up☺

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. Lower Body (*Option A with MVP Band* or *Option B w/o MVP Band*)
 - a. **Option A** – clip band at ankle height – cuff around ankles
 - i. **External Rotation** (outer thigh/hip flexor) – right and left
 - ii. **Glutes** – same as work-out – pull leg back
 - b. **Option B** – use bench
 - i. **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*)
 - ii. **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. **Step 2** 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

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

- i. **Push – ups** – 20 fast and 20 slow (down 2, up 2)
 - ii. **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 – dipping the arms
 - iii. **Towel Flies** *It looks a little like you're cleaning the floor when you do this move, but you're really developing a killer chest and core.* - **Step 1-** Kneel on the floor and place two small towels on the floor in front of you. Lean forward and place your hands on top of the towels. Your arms should be straight and your wrists should be in line with your elbows. Don't bend at the waist; your body should be one long line from your shoulders to your knees. Lift your feet off the floor and cross them. **Step 1-** Slide your hands out to the side to lower your body toward the floor.
- 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.

Pike Crunch Lie on your back with your legs straight out in front of you, arms resting at your sides. Exhale and raise your legs off the floor. At the same time, crunch up with your upper body, reaching your hands out toward your feet. Return to the starting position and repeat.

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)