



## Miss F.I.T. Homework – Week Four

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 hot outside☺

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**

**Push-ups** - 20 single-count push-ups from knees or toes. Hold last push-up w/ chest 1 inch from ground for 10 seconds. Release.

***Immediately Transition into:***

**Mountain Climbers** - From push-up position, alternate knees towards chest for 45 seconds.

***Repeat 20 Push-ups w/ 10 second hold on last one followed by 45 seconds of Mountain Climbers***

**Tricep-Dips** – 20 triceps dips. Two count down and two count up. Hold last one for 10 seconds in the down position, triceps engaged. Repeat

3. **8 Minutes of Cardio** Run or Walk – fast for 1 minute (this should be a challenging pace, one where you're not able to hold a conversation without broken sentences); back-down for 1 minute. Repeat this four times for a total of 8 minutes of cardio.

#### 4. Lower Body

**Squats** – 20 squats. Feet shoulder width apart, knees stay behind toes, weight is in heels. Bend knees until they form close to a 90 degree angle and return to starting position, squeezing glutes the entire time.

**Option - 20 squats followed by 20 jump squats (add a hop to your squat).**

**Walking Lunges** - 30 walking lunges (form check! Is your front knee behind your toe when you step forward?)

**Repeat 20 squats, (option for 20 jump squats), 30 walking lunges.**

**MVP Band** – strap is on ankle 30 – 40 reps each of inner thigh, outer thigh and glutes. Switch Legs. Remember to keep movements slow and controlled. This should burn!!

<http://www.mvpband.com/demonstrations.html>

#### 5. 3-5 Minutes Cardio – Jump Rope or Jumping Jacks

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

**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. 20 Total

**Crunches (always)** – 30 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. 15 – 20 Total on each side

**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)