

Bodyholic Daily Workout

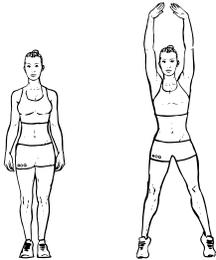
Abs, Arms, Legs, Shoulders



Nina F.

FULL-BODY-WORKOUT

Jumping Jacks / Star Jumps



3 sets 60 secs 20 sec rest

Bodyweight Squats



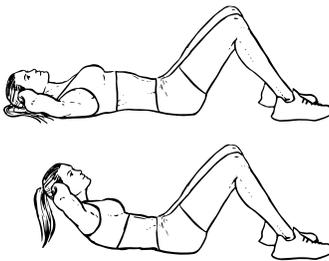
3 sets 12 reps 20 sec rest

Lunge / Front Kicks



3 sets 12 reps 20 sec rest

Crunches



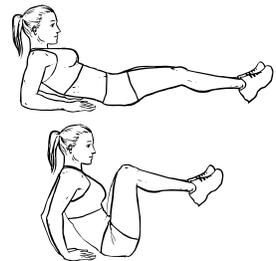
3 sets 20 reps 20 sec rest

Alternate Heel Touchers / Lying Oblique Reach



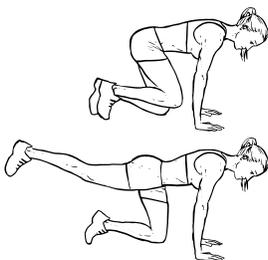
3 sets 30 reps 20 sec rest

Leg Pull-In Knee-ups



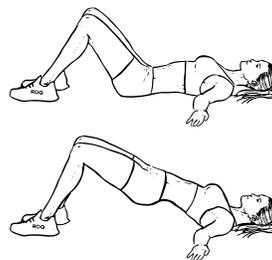
3 sets 20 reps 20 sec rest

Donkey Kicks



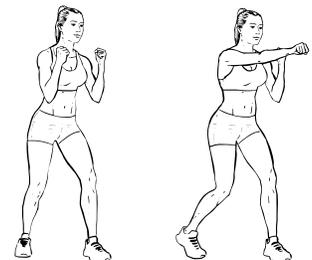
3 sets 12 reps 20 sec rest

Hip Raises / Butt Lift / Bridges



3 sets 12 reps 20 sec rest

Shadow Boxing



3 sets 60 secs 20 sec rest

Jumping Jacks / Star Jumps

Primary muscle group(s):

Glutes & Hip Flexors, Quadriceps

Secondary:

Abs, Calves, Hamstrings, Shoulders

Stand with your feet together, arms fully extended with your hands by your sides. This is the start position.

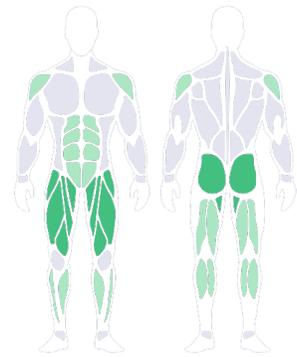
Bend your knees slightly then straighten and push through the balls of your feet while straightening your knees to jump up spreading your legs to wider than hip width apart.

As you do so, raise both arms out and up in a smooth arc until your hands meet above your head.

As you return to the ground, bring your feet together and your hands back to your sides with your arms fully extended.

Continue without pause for the desired amount of time or repetitions.

! This exercise can be performed as a timed exercise, completing as many reps as possible in a set time or, in sets with a fixed number of repetitions per set. To increase intensity, bend your arms slightly as you raise them to engage your biceps and triceps and squeezing them during each rep.



Bodyweight Squats

Primary muscle group(s):

Glutes & Hip Flexors, Quadriceps

Secondary:

Abs, Calves, Hamstrings

Stand with your feet hip width apart. Your toes should be pointing straight ahead or only slightly outward.

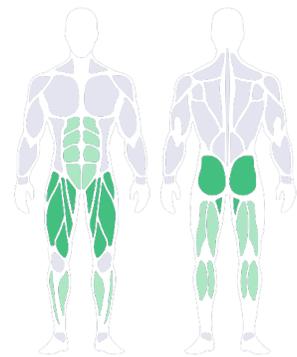
Cross your arms in front of your body, place your hands behind your head (prisoner squat) or at the sides of your head.

Keep your weight on your heels and bend your knees while lowering your hips towards the ground as if you are sitting down on a chair.

Keep your back straight at all times.

Continue until you feel a slight stretch in your quadriceps. Pause for a count of one. Do not let your knees extend out beyond the level of your toes.

Return to the start position by pushing down through your heels and extending your hips forward until you are standing straight. Repeat.



Lunge / Front Kicks

Primary muscle group(s):

Glutes & Hip Flexors, Quadriceps

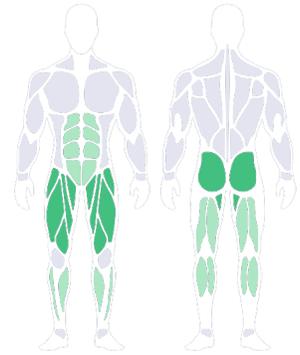
Secondary:

Abs, Calves, Hamstrings

Stand straight up with a tight core and flat back. Keep your gaze focused straight ahead as you step back with your right leg.

As you step forward into the starting position, launch the right leg into a front kick. Use the left side hand to touch your toe, if you are able to.

Return your right leg to the starting position. Repeat on other side. Keep alternating until you complete the set.



Crunches

Primary muscle group(s):

Abs

Lie flat on your back with your feet flat on the ground, with your knees bent at 90 degrees. Alternatively, you can place your feet up on a bench a few inches apart with your toes turned inwards and touching.

Place your hands lightly on either side of your head.

Keep your elbows in so that they are parallel to your body.

Push your back down flat into the floor to isolate your abdominal muscles.

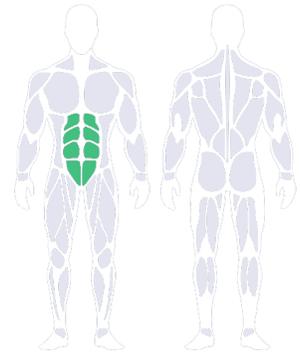
Gently curl your shoulders forward and up off the floor.

Continue to push down into the floor with your lower back.

Raise your shoulders about four to six inches only.

Hold and squeeze your abdominal muscles for a count of one.

Return to the start position in a smooth movement.



Alternate Heel Touchers / Lying Oblique Reach

Primary muscle group(s):

Obliques

Secondary:

Abs

Lie on an exercise mat, with your back flat, knees bent and your feet flat on the floor slightly wider than shoulder width apart.

Fully extend your arms down the side of your body, palms facing in. This is the start position.

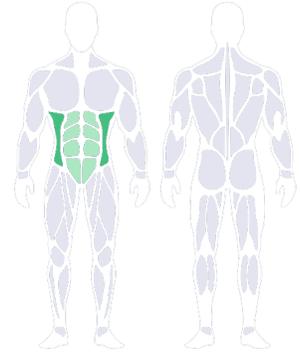
Exhaling, crunch your torso forward and to the right until you can touch your right heel with your right hand. Hold for a count of one.

return to the starting position smooth motion, inhaling as you do so.

Repeat the movement, this time to your left side.

When you have completed the movement on both sides, you have done one repetition.

Repeat.



Leg Pull-In Knee-ups

Primary muscle group(s):

Abs

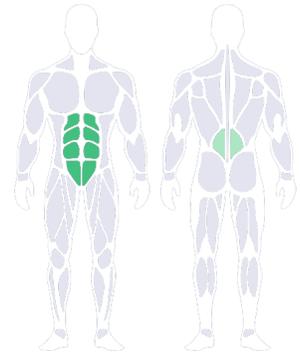
Secondary:

Lower Back

Lie flat with hands under your buttocks.

Keep your knees together and pull them in towards you while moving your torso towards them (lift your head, neck and shoulders up).

Hold and then slowly return to starting position.



Donkey Kicks

Primary muscle group(s):

Glutes & Hip Flexors

Secondary:

Abs

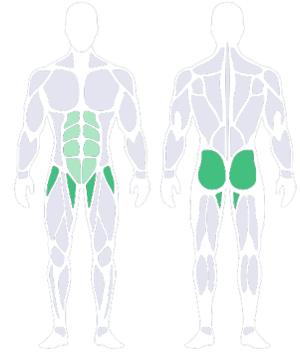
Position yourself on all fours on a mat.

Position your hands underneath your shoulders and place your knees under your hips.

Keep your right knee bent at 90 degrees and flex the foot as you lift the knee until it is level with the hip.

Lower the knee without touching the floor and repeat the lift.

Once you've completed the reps on the right leg, switch legs.



Hip Raises / Butt Lift / Bridges

Primary muscle group(s):

Glutes & Hip Flexors, Hamstrings

Secondary:

Abs, Lower Back

Lie on an exercise mat with your knees bent so that your feet are flat on the floor. Keep your back straight.

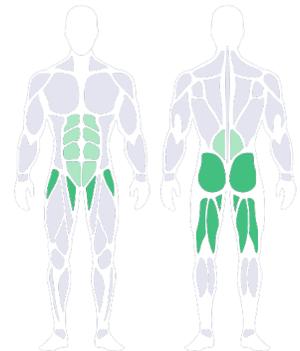
Place your hands out to your sides palms flat for stability.

Raise your glutes off the floor by extending your hips upward while pushing down through your heels.

Continue until your back, hips and thighs are in a straight line. Hold for a count of one.

Return to the start position by lowering your hips back to the floor.

Pause then repeat.



Shadow Boxing

Primary muscle group(s):

Abs, Biceps, Shoulders, Triceps

Secondary:

Calves, Glutes & Hip Flexors, Lower Back, Quadriceps, Shoulders, Triceps

Stand tall with a tight core. Keep your gaze straight ahead. Bring your hands up to shoulder level. Make a tight fist with the thumb on the outside of your hand. Do not wrap your fingers around your thumb.

Begin in a left lead stance. Your left foot should be in front. Your right foot should be behind. Throw a left lead jab by extending your left hand straight out in front of you and immediately retracting.

Follow up the left jab with a right cross. Twist your foot and drive your right hip forward as you throw a straight punch with your back right hand. Alternate these two punches. Switch sides when finished with the prescribed repetitions.

