

Workout of the Week #13

Body Weight Exercises

- Run a few laps or bike for 5 minutes and stretch for a warm up
- After completing the set, repeat at least 2-3 time for maximal results

30 High Knees



- Start in a standing position with elbows bent and hands out in front of you
- Bring one leg up to touch your hand and then alternate to the other leg
- Do this like you would running in place except for bring your knees higher
- Keep up a pace and make sure your knees are touching your hands every time they come up

20 Mountain Climbers



- Begin in a push up position with hands directly underneath and feet out behind you
- Bring one leg up with the knee going in the direction of your elbow
- Alternate legs and do it at a pace that makes it similar to the movement of running

20 Star Jumps



- Start with feet 6 inches apart (or shoulder width apart for more of a challenge) in a squat position

- Jump up into a star shape with arms and legs out (just like the picture but both feet will be off the ground)
- Move back into squat position and repeat

20 Pushups



- Start on your hands and knees and push your feet out so that you end up in the position above
- Hands should be just to the outside of your body and the back should be level
- Let your arms down until they are about 90 degrees and push back up

30 Bicycle Crunches



- Start by lying on the floor in a crunch position with hands on your head
- Pull one knee towards you while the other leg is straightening out
- Move the opposite elbow towards the knee that is being pulled towards you
- Alternate legs (like the motion of pedaling a bicycle)

Repeat 2-3 Times for Maximal Results