

Thursday Lifting

Complete each section before you go onto the next. Each section has three sets- complete all three exercises and go back through 2 more times before moving onto the next section.

Footwork	Find a line and work on quickness of feet do 30 jumps per- Two feet hopping over the line and back quickly, R foot over and back, L foot over and back, Two feet side to side, R foot side to side, L foot side to side.		
Glute/Core Work	Bridge	3x :45 sec	Lay on your back with feet on the floor push up and keep your hips high creating diagonal line.
	Plank	3x1 min	On Elbows, hips down, horizontal line
	Side plank Right/Left	2x30 sec each side	Stack your feet and have hips off the ground Put one arm up in the air creating a vertical line
Legs	1a. Lunges	3x6e three sets of 6 each leg	When lunging make sure your knee goes all the way to the ground
	1b. Burpies	3x10	Burpies should be you touching your chest to the ground, get on your feet and jump up

			into the air off the ground.
	1c. Squats	3x10 3 sets of 10	Body weight squats
Upper Body	1a. Pushups	3x10	Body weight- Keep hips down and touch chest down to the ground
	1b. Dumbbell curls	3x8 3 sets of 8	Use 15-25 pound Dumbbells- focus on keeping your back flat and using your arms
	1c. Dumbbell Triceps	3x8 3 sets of 8	With a 15 pound dumbbell hold it with two hands behind your head and press up into the air.

Daily Challenge-

Pyramid workout- (12 pushups, 12 squats, 12 situps, then move to 10 of each...ect)

- 12- Pushups, lunges, Situps
- 10- Pushups, lunges, Situps.
- 8- Pushups, Lunges, Situps.
- 6- Pushups, Lunges, Situps.
- 4- Pushups, Lunges, Situps.
- 2- Pushups, Lunges, Situps.