

# Indoor Body Weight Workout



This is good full-body workout for when the weather is crappy. It combines two core strength moves with two power moves for the legs and hips.

## How to do it:

There are four exercises and five rounds. In each round you will do more reps of each exercise according to the multiplier. It sounds harder than it is.

		Round				
		1	2	3	4	5
<b>Boat Pose</b>	(x1)	10sec	20sec	30sec	40sec	50sec
<b>T-Push up</b>	(x2)	2	4	6	8	10
<b>Jump Lunge</b>	(x3)	3	6	9	12	15
<b>Mountain Climbers</b>	(x4)	4	8	12	16	20

- Complete the prescribed number of reps for all four exercises in the round.
  - E.g. Round 1 do a 10 Second Boat, 2 T Push-ups, 3 Jump Lunges and 4 Mountain Climbers.
- Take a 30 second rest before you go to the next round.
- Complete all five rounds.

Feeling sparky? Make it a pyramid. When you are done with round 5, do round 4 again. Then do round 3. All the way back down to complete round 1.

## The Moves:

**Boat Pose:** A great move for core rigidity and control.

Sitting on your butt with your legs straight out, raise your legs so your toes are at eye level and lean back. Keep your core straight and your arms extended horizontally. Your body will form a V (or kind of an upside down A if you include your arms. Hold it right there.

Modification: Bend your knees and put your hands back or on your hamstrings to support your upper body.

**T-Push up:** Awesome core and upper body move.

From the high plank position (starting position of a push up; face down, arms extended, hands under shoulders, toes on the floor, feet together, body braced and flat) twist to raise your right hand up to form a sideways T with your body. Pause for a second, then return to the push-up position and do a push up. Then raise your left hand to for the T. That is one rep.



*Trainer Tip:* Keep your abs tight so you don't sag through or stick your butt up. You want a straight line from your shoulders to your heels the whole time.

Modification: To make it harder, do a pushup between each T.  
To make it easier, do it from your knees.

**Jump Lunge:** This will work the outer limits of your quads, glutes and peripheral muscles in your hips.

From the 90/90 lunge position (Torso straight up, kneeling so one knee is almost touching the ground, both knees forming 90 degree angles) jump up and switch feet in the air. Land soft in the lunge position and jump to switch feet again back to your starting position. That is one rep.

Trainer Tip: Keep your abs tight and torso vertical the whole time. Don't lean over at the bottom of the lunge.

**Mountain Climbers:** Great for core stability, hip speed and shoulder stability.

In the High Plank position pull your right knee to your chest as tight as possible then back. Repeat with the left leg – that is one rep. Move your legs as quickly as possible but keep your upper body braced and stable. For this version, do not put your foot down with you have it pulled to your chest. Just up and back as fast as possible. It will seem like you are running in the pushup position.

Trainer Tip: Work to keep a straight line from your shoulders to the foot on the ground. Try to tuck the moving leg under your body without sticking your butt in the air.

Modification: If doing this on the floor is too hard, put your hands higher; on a chair or counter top.

