

Beginner

Edzés

Lose weight

1. Jumping Jack 20 db
2. Knee-to-elbow 20 db
3. Butt kicks 15 db
4. Climbers 10 db
5. Plank Jacks 10 db
6. Basic Burpees 5 db

Ismétlés: 3

Tone your body

7. Scissor kicks 20 db
8. Plank leg lift 5-5 db
9. Squat and Reach 30 db
10. Down Dog and Bear 20 db
11. Bird Dog 20 db
12. Pilates march 40-40 db

Ismétlés: 3

Build muscles

13. Press-up on Knees 10 db
14. Squat 20 db
15. Sit ups 10 db
16. Lunges 10-10 db
17. Superman 10-10 db
18. Glute kickback 10-10 db

Ismétlés:3

Intermediate

Edzés

Lose weight

- 19. Jumping Jack 20 db
- 20. Squat step backs 30 db
- 21. Side bends 15 db
- 22. Side knee-to-elbow 20 db
- 23. Knee-to-elbow 20 db

Ismétlés: 4

Tone your body

- 24. Glute Bridges 20 db
- 25. Wall sit 30 sec
- 26. Standing side leg raises 20 db
- 27. Slow push-ups 10 darab
- 28. Plank with shoulder taps 10 darab
- 29. Dead bug 15 db

Ismétlés: 4

Build muscles

- 30. Press-up 20 db
- 31. Overhead Crunch 20 db
- 32. Dips 15 db
- 33. Step-up 20-20 db
- 34. Bulgarian split squat 15-15 db
- 35. Calf raises 30 db

Ismétlés: 4

Advanced

Edzés

Lose weight

- 36. Jumping Jack 20 db
- 37. Hop heel clicks 20 db
- 38. Pacer steps 15 db
- 39. Climbers 10 db
- 40. Plank Jacks 10 db
- 41. Basic Burpees 15 db

Ismétlés: 5

Tone your body

- 42. SL glute bridge 10 db
- 43. Pilates teaser 20 db
- 44. Bird dog 20 db
- 45. Lateral leg lift 15-15 db
- 46. Side plank 30 sec
- 47. Ab curl 30 db
- 48. Donkey kicks 20 db

Ismétlés: 5

Build muscles

- 49. Diamond push-up 20 darab
- 50. Back extensions 30 darab
- 51. Plyometric Push-up 20 darab
- 52. Side-to-side lunges 25-25 darab
- 53. Pile-Squat Calf Raises 30 darab
- 54. Pistol squat 15-15 darab

Ismétlés: 5

Mobilization

1. Cat-Cow 10
2. Supine Hip Internal & External Rotation 10
3. 90/90 Hip Switch (or Hip Swivel) 10
4. Half Kneeling Hip Flexor 10
5. Thoracic Spine Rotation (or Thread the Needle) 10
6. Shoulder Controlled Articular Rotations (CARs) 10

Morning stretching

1. Supine Spinal Twist (or Reclined Open Book Stretch)
2. Double Knee-to-Chest Stretch
3. Figure-Four Stretch (or Supine Pigeon Pose)
4. Standing/Seated Side Bend (or Lateral Stretch)
5. Seated Forward Fold (or Seated Hamstring Stretch)
6. Neck Stretch (Side and Rotation)