

DAY 9

Lots of new exercises today as we kick it up a notch!

If you're not feeling the target muscles working hard be sure to slow down and check your form.

Cardio



Free Cardio

20:00
Mins

Legs

This is just like a squat, except that you never give the legs a break by standing up, you keep the knees bent the entire time.

The movement may look small but it delivers big burns!



Mini-Squat

3

Sets

10-15

Reps

Rest between sets: ⌚ 20 secs

Instead of lunging to the front as usual, take the moving leg out to the side.

Do all reps on one side before moving to the other. When both left and right are complete that counts as one set.



Side Lunge

3

Sets

8-12

Reps

No rest between sets: ⌚ L/R

Chest

Start in a push-up position. Walk the hands over to one side, and do a push-up at that slightly oblique angle. That counts as one rep. Walk to the other side and push-up again for another rep. Repeat until you hit the target number of reps. This will isolate your chest in a new way.



Walking Push-up

3

Sets

8-12

Reps

Rest between sets: ⌚ 20 secs

Triceps



Diamond Push-up

3

Sets

8-10

Reps

Rest between sets: ⌚ 20 secs

Abdominals



Lift your feet up into the air. Using your lower abs and lower back push the feet straight up.

Butt-up

3

Sets

10-15

Reps

Rest Between Sets: ⌚ 15 secs



Cross Crunch

3

Sets

12-16

Reps

No rest between sets: ⌚ L/R