

CROSS TRAINING PROGRAM

15 MINUTE AT HOME WORKOUT

30 SECONDS PLANK	BACK LUNGE LEFT LEG 1 MINUTE
1 MINUTE BURPEES	BICYCLE CRUNCHES 1 MINUTE
1 MINUTE SQUATS	TRICEP DIPS 1 MINUTE
1 MINUTE BACK LUNGE RIGHT LEG	PUSH-UPS 1 MINUTE

REPEAT SEQUENCE FOR A 15 MINUTE TOTAL BODY WORKOUT

IF YOU HAVE 30 MINUTES ADD THESE EXERCISES

1 MINUTE LEG RAISES	RENEGADE ROW 1 MINUTE
1 MINUTE TOE TOUCHES	MOUNTAIN CLIMBERS 1 MINUTE
30 SECONDS FOREARM PLANK	SUMO SQUATS 1 MINUTE
1 MINUTE KNEE UPS	WALKING LUNGES 1 MINUTE

COMBINE WITH THE 15 MINUTE WORKOUT AND REPEAT FOR A 30 MINUTE TOTAL BODY WORKOUT

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INSTRUCTIONS FOR TRAINING EXERCISES 1/2

30
SECONDS

PLANK

Hold body in straight line, arms straight with wrists lined up under shoulders, legs extend straight back pressing heels behind you, pull abdominals in and up, be mindful that scapula do not stick out of upper body.

Works whole body, focus on core muscles

1
MINUTE

BURPEES

Begin standing with feet shoulder width apart, squat down and place hands on floor/mat, shift weight into hands and jump feet back so your body is in a plank position, engage core and bring feet back to squat position with hands still firmly planted, use legs to straighten body back up to standing position.

Works arms, back, chest, core, glutes, legs

1
MINUTE

SQUATS

Stand with feet hip-width apart, lower hips aiming to get thighs parallel to the ground, firmly push heels into floor and engage glutes to lift back up to standing position.

Works glutes, calves, hamstrings, quadriceps

1
MINUTE

BACK LUNGE - EACH LEG

Stand with feet hip-width apart, take a step back with working leg and bend both knees until the back knee is just above the floor, return to start position. Maintain a straight back, shoulders over hips and keep abs engaged throughout the movement.

Works glutes, quadriceps, hamstrings, calves, core muscles

1
MINUTE

BICYCLE CRUNCHES

Lay on back, lower back presses into the floor. Hands gently placed behind head (if you tend to dump the weight of your head in your hands then place fingertips behind ears), draw abdomen in pulling navel towards the spine, pull your shoulder blades back and then using your lower abs bring knees into a table top position. As you exhale, bring left elbow towards the right knee by bringing shoulder up. Continue pedaling through the air and alternate elbow to knee motion.

Works abdominals, obliques, transverse abdominus, thighs

1
MINUTE

TRICEP DIPS

Hands shoulder width apart, arms straight, feet planted into the floor, engage core and glutes, bend elbows lowering torso to the floor, stop before body touches the floor and press palms into floor engaging triceps to lift back to start position. More advanced option: keeps legs straight and body stays in inclined as elbows bend.

Works triceps and core muscles

1
MINUTE

PUSH-UPS

Set up body in plank position, hands shoulder width apart, bend elbows and lower toward the ground. You can adjust hand positioning but make sure fingers are splayed and arms are out at a 45 degree angle. Core stays engaged and back flat. Alternative: On knees for a modified push-up, work on spinal alignment, do not allow the head to drop or fall forward.

Works upper body, chest, pectorals, shoulders, biceps, triceps, deltoids

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INSTRUCTIONS FOR TRAINING EXERCISES 2/2

1
MINUTE

LEG RAISES

Lay on back, arms straight by side, legs extend straight up to ceiling. Recruit core muscles to stabilize upper body, slowly start to lower legs towards the floor stopping before the small of the back lifts off the floor. Pull lower abdominals in to draw legs back to start position.

Works abdominals and core muscles, hip flexors

1
MINUTE

RENEGADE ROW

With Extension: Grab a set of weights and align body in plank position with each hand holding a weight. This is a two-in-one exercise, you will lift weight to shoulder then finish with an extension twisting the torso to the ceiling. Repeat on other side. Alternative: No weights, or just lift weight to shoulder.

Works back, chest, shoulders, abdominals, obliques, legs

1
MINUTE

TOE TOUCHES

Lay on back, extend legs to ceiling and flex feet towards face. Hands start behind head and engage upper abs to lift head, neck and shoulders off floor. Extend right arm outside of left foot to tap toes, then switch taking left hand to reach right toes. Repeat.

Works abdominals, side obliques, back stabilizers, pelvic floor

1
MINUTE

MOUNTAIN CLIMBERS

Set up in plank position, alternate bringing one knee at a time towards your chest and back out again, continue trying to increase speed as though running against the floor

Works legs, core and arms

30
SECONDS

FOREARM PLANK

Lay on floor with forearms flat, elbows lined up directly under your shoulders, engage core and hold body up off the floor, body stays in a straight line from head to feet.

Do not let hips drop down or lift up.

Alternative: Can modify exercise on the knees.

Works core muscles, glutes, shoulders, upper back, lower back

1
MINUTE

SUMO SQUATS

Stand with feet slightly wider than hip width apart, feet turned out by externally rotating from the hips. Keep spine straight and upper body lifted as you lower hips and squat down. Press heels into floor and return to start position. Hold arms in front of body or you may lower and lift with the legs. Alternative: Hold weights to challenge lower body.

Works glutes, inner thighs, outer thighs, core

1
MINUTE

KNEE UPS

Stand with feet hip width apart, hold hands in front of your body at hip height, lift knees and run in place with the goal of the knee tapping the hand. Draw navel into spine and keep glutes engaged throughout the exercise. Increase heart rate and caloric burn by picking up the pace and keeping knees high.

Cardio exercise that improves posture, balance, coordination and agility

1
MINUTE

WALKING LUNGES

Stand with feet hip width apart, step one foot forward and bend both knees until back knee almost touches the floor. Return to standing position and step other foot in front. Continue alternating lunges until reach the end of your space (hallway, room, or you can do this outside), turn around and walk back.

Works legs and core