

Fitclass Challenge Week 2

Floor Routine

2X 10 crunches, 10 oblique crunches each side, 10 seconds side plank, 10 core stabilizers

3X 8 quick bicycles, 12 scissor kicks, 20 seconds plank, 8 starfish crunches
8 slow bicycles, 20 second v-sit, 12 3-second supermans

(flat back for all except slow bicycles, but use caution for back)

Standing Routine

3X 8 regular squats, 8 wide squats, 10 alternating (or walking) lunges each leg, 8 skater lunges

3X 8 3-stage squats, 30 seconds wall sit, 8 flamingos each leg, 8 good mornings with a weight

(use anything for a weight, use your imagination)

Mix routine

3X 8 turkish getups, 8 plank jacks, 8 lunges with back leg raised, 8 rowers

2X 6 pushups, 8 weighted crunches, 10 single leg hip raise, 12 supermans, 14 quick bicycles

Cardio routine: 5 minute Warmup, 10 X 15 seconds fast, 25 seconds slow, 20 seconds fast, 40 seconds slow (walk, run, bike, elliptical, rowing machine, or other ambulatory exercise), 50 forward punches, 50 forward kicks, 50 side kicks, 5 minutes cooldown

Beginners

Repeat Cardio routine 3 times, floor routine 2 times, try out parts of mix routine. Mileage goal: 1.5 miles

Intermediate

Repeat Cardio Routine 4 times, standing and floor routine 4 times, and at least 2 times of mix routine. Mileage goal: 3 Miles

Advanced/Chelsea Level

Replace each plank instance with 8 shoulder tap- leg raise- forward touch plank. Add 5 more rounds of 15F/25S/20F/40S cardio intervals after the kicks in each routine. All routines 5 times, in addition to 10 minutes total of plank. Mileage goal: 5 miles

Modifications: for arm/shoulder/back issues, omit plank and hands and knee movements and replace with hip raises, single leg hip raises, iso bikes, iso rows, wall or chair pushups, V-sits, wall sits. Sometimes things hurt when they're not even related to your local injury, in which case DO WHAT DOESN'T HURT TO THE POINT OF TEARS. Please don't break yourself, there's only one of you so be nice to the merchandise.

For knees/leg/ankle: find cardio that works for you. Recumbent elliptical and recumbent bike, upright elliptical, walking on hard or soft surface, it's worth experimenting to find what works best for you. Make sure not to put sideways pressure through the joints; rather, make sure when bending the leg that the knee is in line with the foot and the hip isn't being pushed out to the side. Keep in line.

Remember: if your body doesn't let you do it the first time (and it doesn't tell you with the response of pure pain), rest, reset, and try again until you have completed as much as you can of your desired exercise set. There is no ego in exercise.

Nutritional Challenge

Enjoy at least 3 vegetable based drinks this week. Keep in mind that these typically are nutritionally and calorically dense, and affect your overall intake greater than typical drinks. If buying premade, look for ones without added sugar, and try to ration it throughout your day rather than having an entire bottle for breakfast or lunch, as the results of this can rather unfortunate and can cause certain elements of your schedule to be expedited. Combine this as well with have 5 separate days with at least one serving of fruit that isn't dried, jellied, or candied.