

# Stronger Summer Challenge

## Days 1-5

### Burpees

Stand with your feet hip-width apart, arms above your head

1. Quickly bend over placing your hands flat on the ground
2. Bracing your abs, jump your feet back together so you are in a high plank
3. Immediately hop your feet back to your hands and pop up to standing

\*\*To eliminate the jumping, step back and forward one foot at a time instead of jumping

### Bicycles

1. Lay on your back, knees bent, feet flat on ground
2. Place hands behind head
3. Lift shoulders and head off the ground, lift feet off ground
4. Rotate your torso to the right so that your left elbow and right knee in the middle of your torso (this is the start position)
5. Keep left leg straight out, about 18 inches off the ground
6. Keeping abs tight, rotate torso to the left so that the right elbow is now meeting the left knee in the middle of your torso and left leg is now extended
7. Continue rotating so that opposite elbow and knee meets in the middle
8. Make sure that your extended leg is as low to the ground as can possibly be

### High Knees

1. Stand with your feet hip distance apart
2. Either jog in place or march in place and alternate lifting your knee up in front of you above the belly button.

### Hip Lifts

1. Lay on the ground with your knees bent, feet flat and your arms down at your sides with your palms down
2. Squeeze your tush as you press your hips high to the ceiling
3. Release and bring your hips down, tush back on the floor

### Jumping Jacks

1. Stand with your feet together and hands at your side
2. Jump your legs apart wide as you bring your arms out to the side and above your head
3. Repeat

### Mountain Climbers

1. Brace your abs. Start in the top of the push-up position.
2. Keep your abs braced, pick one foot up off the floor, and slowly bring your knee up to your chest. Do not let your hips sag or rotate.
3. Keep your abs braced and slowly return your leg to the start position.
4. Alternate sides until you complete all of the required repetitions.

## **Plank**

1. Hold yourself in the “up” position of a pushup, hands under our slightly in front of your shoulders, fingers spread, apart, pointing forward
2. Press your feet, knees and thighs together
3. Draw your shoulders down away from your ears and engage your shoulder blades so they are slightly pulling toward each other
4. Lift your belly up nice and tight, pulling your belly button toward your spine
5. Drop your tush a bit keeping a nice long spine
6. Focus on your belly button, pulling it up towards your spine

Breathe

## **Prisoner Squats**

1. Stand with your feet hip width apart, hands behind your head, elbows out wide
2. Keeping your weight in your heels, press your tush back as you squat down as low as is comfortable.
3. Using your thighs (not your knees) press back up into standing and squeeze your tush at the very top (this will help activate and strengthen your tush)
4. Keep your chin lifted slightly so that you are staring ahead, not looking up nor looking at the ground
- 7.

## **Pushups – 2 different options**

On your Knees:

1. Start on all fours with your hands just outside of your chest, above the mid line of your chest
2. Walk your hands out so that your back is flat, keeping your legs pressed together as you bring your feet up towards your tush
3. With a flat back, release down, trying to get your chest towards the ground as far as you can
4. Exhale as you push back up to the top of the movement
5. Repeat

Military Style:

1. Get into your high plank position with your hands just outside of your chest, above the mid line of your chest
2. Press your feet and legs together
3. With a flat back, release down, trying to get your chest towards the ground as far as you can
4. Exhale as you push back up to the top of the movement
5. Repeat

## **Touch the Ground Squat Jumps**

1. Stand with your feet hip-width apart, raise your arms above your head
2. Bend down into a squat, touch the ground with your hand and jump up reaching your hands in the air then come back down into the squat, touching your fingertips to the ground before jumping again.
3. This is a quick movement but go slowly if you need to modify