

EE STRENGTH

3X Body Weight Workout #3

By Coach Heather



Workout #1 – JUMP & JACKED

Warm-Up

- Glute leg cross over (Hold Leg 5 seconds each leg, 2 reps each leg)
- Side lunges back and forth (2-3 seconds each side, 12 reps total)
- Arm Rotations; forward and backward (15 seconds each)

Workout

Sets: 4

Repetitions: 30 seconds working, 15 seconds rest

Complete 4 sets of each before moving to next section

1a – High Knees – Keep knees nice and high!!

1b – Power Skip – It's in the name, remember how you skipped as child – do that in place but JUMP UP w/ POWER!

1c – Super Skater Jump - Stand tall with feet shoulder-width apart. Quickly step your foot out wide to the side. Follow with your opposite foot and jump up (single leg). Repeat on the other side!

2a – Quick Step Lunge and Jump - step back into a lunge and quickly bring your back leg up and down, after about 3 reps of this JUMP to the opposite side and repeat!

2b – Squat Jacks – Perform a jumping jack but as you bring your arms down get into a squat! Repeat, repeat, repeat!

3a – Jumping Jacks

3b – Switch Kick – In a crab position, kick your feet up toward the ceiling

3c – Star Jumps – In a crouched position, jump up and in the air with hands, feet and head at a 5-star point position, as you come down crouch down and repeat movement!

4a – Reverse Crunches

4b – Bicycles

4c – Genie Sit – on your knees, lean back with arm crossed (like a genie!) FLEX YOUR BUTT!

*Be sure to cool down with some stretching and if you have a foam roller at home, roll out those tender areas for about 30 seconds each

Workout #2 – “Jabb that hutt”

Warm Up

- Arm Swings (20 seconds forward and backward)
- Spider-man (8 total, hold for 2-3 seconds)
- Lunge Side to Side (5 each side, hold for 2-3 seconds each side)

Workout

Sets: 4

Repetitions: 30 seconds working, 10 seconds rest

Complete 4 sets of each before moving to next section

1a – Butt Kickers

1b – Front kicks – Keep arms up! Kick forward!

1c – Side Kicks – Right plus left leg kick equals 1 rep – Keep arms up!

REST: 45 seconds after completing 4 rounds

2a Squat Jabs – Squat and quick punch forward! (For an extra challenge use dumbbells)

2b Pivoting Upper Cuts – Keep fists up in front of face, bend hips and knees to half squat, pivot side to side and upper cut as you come up. Left side plus right side equals 1 rep (For an extra challenge use dumbbells)

REST: 45 seconds after completing 4 rounds

3a Invisible Wall Balls – Squat down and as you come up raise your hands as if you were throwing up a wall ball

3b Wall Sit with Jabs

3c Forearm plank with leg extension – In forearm plank position, lift one leg at a time – (For an extra challenge - lift your leg up toward the ceiling and then out)

REST: 45 seconds after completing 4 rounds

Do 2-3 rounds of this:

4a – Sit up with Jab

4b – Forearm Plank with Jab

4c – Toe Touch – Laying on back lift both legs up to ceiling, reach both hands up to toes

DONE!

*Be sure to cool down with some stretching and if you have a foam roller at home, roll out those tender areas for about 30 seconds each

Workout #3 – “Walk the Plank”

Warm-Up

- Hip Mobility Leg Swings (Forward and Side to Side) 10 reps each leg, you can hold on to a chair or pole to accomplish this
- March in place while swinging arms front to back (30 seconds)
- Hip Rotations (10 each leg)

Workout

Sets: 3

Repetitions: 45 seconds working, 15 seconds rest

Complete 3 sets of each before moving to next section

1a – **Mountain Climbers**

1b – **Calf Raises**

1c – **Jumping Jacks**

2a – **Plank hip rotations** – plank position, rock your hips side to side

2b – **Triceps floor dip** – in crab position, use your triceps to dip your butt toward the ground

2b – **Plank in and outs** – starting plank position, step your feet out and then back in

3a – **Inchworms**

3b – **Bootstraps** – In a bear crawl position with knees bent at 90 degrees and kept off the ground, lift butt up in the air to a downward dog position and then back to starting position. Hands and feet should be about 18 inches apart.

4a – **Straight Leg Lifts** – laying on your back, lift legs up in the air and lower legs. The key is not to let your feet hit the ground, if you must – tap your heels and raise!

4b – **Crunches**

4c – **Reach Throughs** – Sit up and reach hands through the middle of your legs

*Be sure to cool down with some stretching and if you have a foam roller at home, roll out those tender areas for about 30 seconds each