



SEASONAL FITNESS CHALLENGE

SUMMER TIP 1

Core Builder and Upper Body



BE ACTIVE



Your core muscles play a huge role in your everyday activities, from getting out of bed, to walking down the street, and most importantly, to help you stay upright. Contrary to common belief, the core is not your abdominal muscles alone. It includes all of those abdominal muscles, the muscles of the pelvic floor, back stabilizers, and the diaphragm. Think of the core as the tree trunk of your body, it has to hold its ground so that your branches (arms and legs) can function effectively. A strong core helps with all of your exercises, as well as activities of daily life.

Do each exercise for 40 seconds, taking 20 seconds of rest between each exercise. Once you complete one round of every exercise, rest for 60 seconds. Repeat the entire circuit two more times for three rounds. Need more? Do an extra round! Need less? Start with two rounds and build your way up to three.

Russian Twists



- > Sit with your knees bent out in front of you, feet flexed and heels on the floor.
- > Hold your arms in front of you, and rock your torso back until you feel your abs fire and are resting on your sit bones.
- > Keeping your abs engaged, twist your torso from right to left.
- > *Optional: hold a weight or water bottle*

Curtsy Lunge



- > Stand with your feet hip-width apart and your core engaged.
- > Step your right foot diagonally behind your left leg and bend both of your knees to drop into a curtsy lunge.
- > Push through your left heel to stand.
- > Repeat on the other side.

Toe Touch Crunch



- > Lie face up with your legs extended straight up to the ceiling, feet flexed.
- > Crunch up, reaching your fingertips toward your flexed toes. You are not lifting your hips, you are only lifting your shoulders and upper back off the floor.

Forearm Plank



- > Place your forearms on the floor, elbows directly underneath your shoulders, hands facing forward so that your arms are parallel.
- > Extend your legs behind you, feet hip-width apart.
- > Tuck your tailbone and engage your core, butt, and quads.
- > Hold.



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Plank to Toe Tap



- Start in a high plank with your wrists under your shoulders and your feet hip-width apart.
- Push your hips up and back to move into a downward dog with your heels reaching toward the floor. At the same time, lift your right hand off the floor and gently tap your left ankle (if possible).
- Return your right hand to the floor and shift your weight forward to come back into high plank.
- Now shift back into downward dog but this time tap your left hand to your right ankle. Return to high plank.

Mountain Climbers



- Start in high plank, with your palms flat on the floor, hands shoulder-width apart, shoulders stacked above your wrists, legs extended, and core engaged. This is the starting position.
- Keeping your core tight, draw your right knee to your chest. Keep your core engaged and back flat.
- Return to the starting position and immediately draw your left knee to your chest.
- Return your left leg to the starting position. That's one repetition.
- Continue to alternate.

Push-Ups



- Start in a high plank with your palms flat, hands shoulder-width apart, shoulders stacked directly above your wrists, legs extended behind you, and your core and glutes engaged.
- Bend your elbows and lower your chest to the floor. Drop to your knees if needed.
- Push through the palms of your hands to straighten your arms. That's one repetition.

Plank Up Downs



- Start in a high plank with hands shoulder-width apart, shoulders stacked directly above your wrists, core and glutes engaged.
- Lower your left arm down so that your forearm is on the floor. Then do the same with your right. You should now be in forearm plank position.
- Place your left hand back on the floor to straighten your arm, and follow with your right arm, so that you end back in high plank. That's one repetition.