



BODY ALERT
EFFECTIVE TRAINING

Level 1 · Workout 3

Level 1 - Workout 3

Focus on Core - 6 Exercises - 4 Rounds

Time Challenge:

Try to do the workout as fast as possible - *but* remember to do the exercises strictly
Write down your time after *each* round - and in the end your *total* time

Exercise 1 - Leg Crawl - 5 rep



- Stand with straight legs and place the hands in front of the feet
- Walk on the hands as far out as possible
- Reverse the movement

Remember: core tight, back straight

Exercise 2 - Lying Super Hero - 12 rep



- Lie on the stomach
- Lift the legs and upper body off the ground and hold in this position
- Lift diagonal arm and leg higher

Remember: look down, keep the arms and legs up from the ground the whole time, change leg & arm

Exercise 3 - Lizzard - 12 rep



- Assume push up position with arms straight
- Lift one foot off the ground and raise your knee side-ways to the parallel elbow
- Return to starting position

Remember: core tight, back straight, look at the knee, change leg

Beginner: on knees

Exercise 4 - Leg Lift - 12 rep



- Lie on your back
- Lift your legs until the body is in a 90 degree angle
- Lower slowly to starting position

Remember: core tight, press the sway to the ground

Beginner: one leg at the time

Exercise 5 - Plank Get Up - 10 rep



- Stand in plank position
- Jump forward with both feet, land between the hands
- Stand up and lift the hands towards the sky
- Lower your body and place the hands in front of you
- Jump back to starting position

Remember: core tight, head up

Beginner: walk forward and back with one leg at the time

Exercise 6 - Star Crunch 'n Butt Lift - 10 rep



- Lie on the back with legs up and apart as a V
- Lift the head and shoulders and reach between the legs
- Lower shoulders and hold legs together
- Crunch the stomach and lift butt off the ground
- Return to starting position

Remember:

Lift the legs in a straight line

Workout Diary

Date:	Time Round 1	Time Round 2	Time Round 3	Time Round 4	Total Time