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BODY ALERT

EFFECTIVE TRAINING

Level 1 · Workout 4

Level 1 - Workout 4

Focus on Upperback, Chest, Arms & Shoulders - 7 Exercises - 3 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 - Lizzard on the run - 12 rep



- Assume push up position with one leg bent and the foot by the side
- Jump with enough force to propel both feet off the ground and change leg
- Reverse the movement

Beginner: change position without a jump

Exercise 2 - Lying T - 12 rep



- Move your arms so that they are out on your sides, with thumbs pointing up
- Lift up the upper body slightly and hold there
- Raise the arms and thumbs
- Lower slowly

Remember: arms should never touch the ground - look down

Exercise 3 - Tapping Push Up - 12 rep



- Assume push up position with your hands slightly wider than your shoulders
- Lower the body slowly until your chest nearly touches the ground
- Push yourself back to starting position and tap yourself on the shoulder

Remember: core tight, back straight, head up, change side

Beginner: on the knees

Exercise 4 - Lying Y - 12 rep



- Move your arms so that they are out on your sides like a Y, with thumbs pointing up
- Lift up the upper body slightly and hold there
- Raise the arms and thumbs
- Lower slowly

Remember: arms should never touch the ground - look down

Exercise 5 - Pike Press - 12 rep



- Assume a push up position, but move your feet forward and raise your hips so that you form a V
- Your hands should be slightly wider than your shoulders
- Lower your body until your head nearly touches the ground
- Return to starting position

Beginner: on the knees

Exercise 6 - Lying I - 12 rep



- Move your arms so that they are over your head like a I, with thumbs pointing up
- Lift up the upper body slightly and hold there
- Raise the arms and thumbs
- Lower slowly

Remember: arms should never touch the ground - look down

Exercise 7 - Leg switch - 12 rep



- Assume reversed push up position with one leg bent in 90 degrees and the other straight up in the air
- Jump up with enough force to propel both feet off the ground and change leg
- Reverse the movement

Beginner: change leg without a jump

Workout Diary

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