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BODY ALERT

EFFECTIVE TRAINING

Level 1 · Workout 5

Level 1 - Workout 5

Fullbody Workout - 7 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 - Mountain Climber - 20 rep



- Assume push up position with hips high and one leg bent under you
- Jump with enough force to propel both feet off the ground and change leg
- Repeat the movement too starting position
- That's one rep

Beginner: change position without a jump

Exercise 2 - Backward Forward Lunge - left leg - 10 rep



- Stand tall with feet hip-width apart
- Step backward with your right leg and lower your body until your front knee is bent appr. 90 degrees
- Push up and step forward your body until your front knee is bent appr. 90 degrees
- Return to starting position

Remember: core tight, back straight
Advanced: try to balance on the left foot the whole movement

Exercise 3 - Backward Forward Lunge - right leg - 10 rep



- Stand tall with feet hip-width apart
- Step backward with your left leg and lower your body until your front knee is bent appr. 90 degrees
- Push up and step forward your body until your front knee is bent appr. 90 degrees
- Return to starting position

Remember: core tight, back straight
Advanced: try to balance on the right foot the whole movement

Exercise 4 - Lizzard Double Touch - 10 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 and repeat the movement on the same side

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

Exercise 5 - Side to Side Leg Switch - 20 rep



- Stand one leg with arms on the back and the other leg to the side
- Jump with enough force to propel both feet off the ground
- Land on the other foot with your leg to the side

Beginner: change position without a jump

Exercise 6 - Turkish Get Up - 6 rep



- Lie on the back with a waterbottle lift over the head
- Stand up without lowering the bottle or take the eye off it
- Reverse the movement

Remember: change arm

Exercise 7 - Plank to Standing - 10 rep



- Stand in plank position
- Jump forward with both feet and 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

Workout Diary

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