

A large, hand-drawn yellow oval graphic that encircles the main title text.

# **BODY ALERT**

## **EFFECTIVE TRAINING**

### **Level 1 · Workout 6**

## Level 1 - Workout 6

### Focus on Leg & Butt - 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 - Side Lunge Knee Up - left leg 10 rep



- Stand tall
- Take a big step to the left side as you lower your body and touch the ground with the opposite hand
- Push yourself back to the right foot as you lift the left thigh as high as you can

**Remember:** core tight, back straight, head up

**Advanced:** jump up

#### Exercise 2 - Side Lunge Knee Up - right leg 10 rep



- Stand tall
- Take a big step to the right side as you lower your body and touch the ground with the opposite hand
- Push yourself back to the left foot as you lift the right thigh as high as you can

**Remember:** core tight, back straight, head up

**Advanced:** jump up

#### Exercise 3 - One Leg Bridge - 20 rep



- Lie on your the back with one knee bent and the other straight up in the air
- Raise your body until it forms a straight line
- Pause the lower slowly
- Change leg

**Remember:**

core tight, squeeze the butt

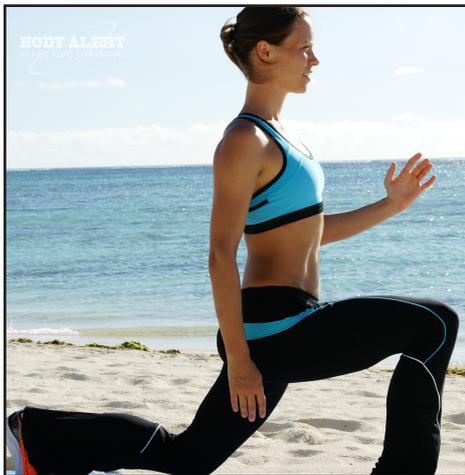
**Exercise 4 - Backward Lunge Kick Up - 20 rep**



- Stand tall with feet hip-width apart
- Step backward with one leg and lower your body until your front knee is bent approx. 90 degrees
- Transfer the weight to the back foot
- Kick up with the front leg and meet with the opposite hand
- Return to starting position
- Change leg

**Remember:** core tight, back straight, head up

**Exercise 5 - Jumping Lunges - 10 rep**



- Lower your body into a split squat
- Jump with enough force to propel both feet off the ground
- Repeat, alternating back and forth

**Beginner:** change position without a jump

**Exercise 6 - Reversed One Leg Bridge - right leg - 15 rep**



- Stand on your knees with hands on the ground
- Lift the right leg backward, upward to a 90 degree angle
- Without changing the angle lift the leg higher

**Remember:** core tight, squeeze the butt

**Exercise 7 - Reversed One Leg Bridge - left leg - 15 rep**



- Stand on your knees with hands on ground
- Lift the left leg backward upward to a 90 degree angle
- With out changing the angle lift the leg higher

**Remember:** core tight,squeeze the butt

**Workout Diary**

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