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BODY ALERT

EFFECTIVE TRAINING

Level 1 · Workout 7

Level 1 - Workout 7

Focus on Core- 5 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 Kick Up - 10 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
- Push yourself up and do a kick up with the back foot
- Return to starting position

Beginner: change position without a jump

Exercise 2 - Standing Super Hero - 10 rep



- Assume plank position
- Lift diagonal arm and leg, pause
- Return to starting position, change leg and arm

Remember: core tight
Beginner: on the knees

Exercise 3 - Lying Row - 12 rep



- Lie on the stomach with arms in front of you
- Lift the upper body as you take the arms back with elbow first

Exercise 4 - Reversed Plank Knee Up - 20 rep



- Assume reversed plank position
- Lift one thigh as close to the chest as possible
- Return to starting position and change leg

Remember:
core tight, back straight, butt up

Exercise 5 - Star Push Up - 10 rep



- Do a push up and return to starting position
- Rotate to the side and stand in side plank position
- Lift the arm and leg like a star

Remember: change side, core tight
Beginner: on the knees

Workout Diary

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