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BODY ALERT

EFFECTIVE TRAINING

Level 1 · Workout 8

Level 1 - Workout 8

Focus on Upperback, Shoulders, Chest & Arms - 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 - Burpee - 8 rep



- Stand with feet shoulder-width apart
- Lower your body and place the hands in front of you
- Jump back in to a plank position
- Do a push up
- Jump forward and land between the hands
- Push yourself up and jump as high as you can with arms over the head

Beginner:
change position without a jump
do the push up on the knees

Exercise 2 - Back Circle - 10 rep



- Lie on the stomach
- Lift the upperbody slightly and hold your waterbottle in front of you
- Lift the bottle around your upperbody
- Reverse the movement

Remember: change direction

Exercise 3 - Triceps Leg Lift - 10 rep



- Assume plank position with hands in line with the chest
- Lower your upper body until the arm 90 degree angle
- Lift one leg high
- Return to starting position and change leg

Exercise 4 - Plank Row - 10 rep



- Assume plank position
- Lift your water bottle with one hand
- Return to starting position and roll the bottle under you to the other side

Remember: core tight, back straight, change arm

Exercise 5 - Dive Bomber - 5 rep



- Begin in standard push up position, but move your feet forward and raise your hips
- Lower your body between the hands with hips still pointing up
- Lower your hips until they almost touch the ground and raise head and shoulders toward the sky
- Reverse the movement

Remember: never let the body touch the ground

Beginner: on the knees

Workout Diary

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