Minute of Planks



- Lie down on floor face down
- Come up onto your elbows
- Lift knees off floor
- Hold abs in and keep body as flat as you can



- Hold grip with knuckles facing outwards
- Hands close together
- Pull yourself up so elbows are 90 degrees
- Lower back down and repeat

TRX Lunges



- Stand on one leg, hold straps
- Lower down keeping knee in line with toes on the leg on standing leg
- The other leg keep bent at 90 degree's



- Hands shoulder width apart
- Pull yourself up slowly so elbows are 90 degrees
- Lower yourself down slowly



- Hold TRX straps make sure straps are tight
- Push hips back bend knees and lower to 90 degrees
- Then return back up slowly



- Lie on back knees at 90 degrees
- Finger tips on side of head
- Keep eyes facing the ceiling
- Preform a crunch elbow to knees •



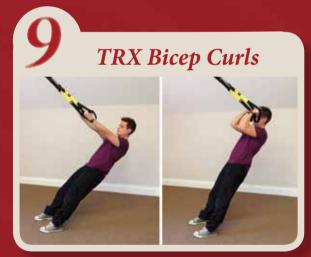
- Lie face down Come up onto hands and toe touching floor Lower yourself slowly down to just off the floor



Push Ups



- Stand feet hip width apart
- Hold ball with both hands at chest height
- Push ball overhead and return back to start and repeat



- Hold handles with both hands and feet shoulder width apart
- Extend your elbows and lower body back
- Keeping arms in line with chest height
 - Curl back up keeping hands towards head







- Get in to a Push Up position •
- Bring one knee forward toward chest lift up hips slightly then return back
- Repeat on other leg •



Tricep Dips

- Place palms on side of bench keep back close to bench
- Lower down to 90 degrees keeping close to the bench
- Repeat back up



- Hold handles, place feet shoulder width apart
- Lean back holding the straps extending your elbows and body back
- Return back up to start position

