



WORKOUT OF THE WEEK → Jan 22-28

Total time: 12 minutes

Equipment needed:

- Yoga or exercise mat

WARM UP

- Walk outs (10 times)
- High knees (1 min)

WORKOUT (repeat 2x)

- Donkey kicks (15 each leg)
- Fire hydrants (15 each leg)
- Kick backs (15 each leg)
- Side plank (30 s each side)
- Russian twists (1 min)

EXERCISE TIPS

- **Walk outs**– reach your hands down to the floor; walk them out in front of you until you reach a plank position and hold; walk hands back up and roll up into standing position
- **High knees**– rapidly lift alternating legs as high as they will go; do so as if you were running in place, but instead you are bringing your knees forward and up (make sure to swing opposite arm)
- **Donkey kicks**– start on your hands and knees; kick back one leg so that it forms a straight line with your back while maintaining a ninety-degree bend at your knee
- **Fire hydrants**– start on your hands and knees; lift one leg to the side so that your leg is about perpendicular with your back while maintaining a ninety-degree bend at your knee
- **Kick backs**– start on your hands and knees; kick one leg back and up while straightening your leg this time
- **Side plank**- start on your side with your feet together and one forearm directly below your shoulder; contract your abdomen and raise your hips off the floor until your body is in a straight line from head to feet and hold
- **Russian twists**– sit on the ground, bend your knees, and lift feet slightly of the ground; twist shoulders and core from side to side, making sure to tap the floor with your hands– be sure to keep your back straight!



WEEK 4: WORKOUT HOW-TO'S

1. Walk outs



2. High knees



3. Donkey kicks



4. Fire Hydrants



5. Kick backs



6. Side plank



7. Russian twists

