

Day Twenty-Three: May 23, 2020

ROUTINE KICK-STARTER WORKOUT



Routine Kick-Starters Workout

This is a quick and easy circuit workout that can be done in a time crunch and without exercise equipment.

The warm up

To warm up, practice each of the exercises (5 times each) in a slow and controlled manner. Pay special attention to your form and don't break between exercises to help build intensity. The warm-up should take 2-3 minutes.

The circuit

Each day perform each exercise as many times as you can while maintaining good form. Increase to the next level when you can complete the circuit with relative ease. Try for 7 days in a row!

The moves

You can perform these exercises at three levels. If, at any time, you feel breathless between any sets, feel free to take longer rests in between exercises.

Beginner (~5 mins)	Intermediate (~10 mins)	Advanced (~12 mins)
20 seconds per exercise, 10 seconds rest between exercises	45 seconds per exercise, 20 seconds rest between exercises	60 seconds per exercise, 30 seconds rest between exercises



High Knees

Stand in place with your feet hip-width apart. Drive your right knee toward your chest and quickly place it back on the ground. Now do the same with your left knee. Continue by alternating as quickly as you can.



Push Up

Lie on your stomach with your feet shoulder-width apart. Bring your hands directly under your shoulders. Keeping your back straight and core tight, push your bodyweight up on your knees until your elbows are extended (but not locked). Now, slowly lower yourself back to the ground. Then return to your starting position and repeat.



Step Up

Facing a set of stairs, or a low and sturdy bench, step up with your right foot followed by lifting your left knee up to standing position. Step back down and alternate, stepping with your left foot next. Focus on bracing your core throughout.



Triceps Dip

To get in position, place your hands, finger tips facing forward, on a step or low, secure bench. Slide your bottom off the front of the step/bench and move your feet away until your knees are at a 90-degree angle. By bending your elbows, lower your glutes down as far as you can, keeping your back close to the step/bench. Then return to your starting position and repeat.



Chair Squat

From a standing position, lower your glutes down towards a chair with control. Let your glutes lightly touch the seat of the chair, then push through your heels to stand back up.



Plank

Begin by lying on your stomach with your feet shoulder-width apart and forearms placed on the ground. Ensure that your elbows are directly under your shoulders, keeping your head in a neutral position. Next, draw in your abs toward your spine and contract your glutes. From this position, lift your torso off the floor from your knees, keeping your back straight. Hold this position for 20, 45 or 60 seconds.



Glute Bridge

Lie face up with your knees bent, hip distance apart, and feet flat on the floor. Keeping your arms at your side with your palms down, contract your glutes. Lift your hips off the floor until your knees, hips and shoulders form a straight line, then slowly lower your body down. Repeat.

Everything gets better when you get active.



Check out the full workout in a printable PDF format here:

https://prismic-io.s3.amazonaws.com/participation/72407de5-c773-4c89-8869-a1b0f309e488_PA-September-Routine-Kickstarter-ENG-Final.pdf

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