

# FITLUD

FITNESS MOTIVATION GURU

**DO THIS WORKOUT 2 TIMES**

**THIS WEEK**

**DO YOUR BURN VIDEO**

**WORKOUT 3 TIMES THIS**

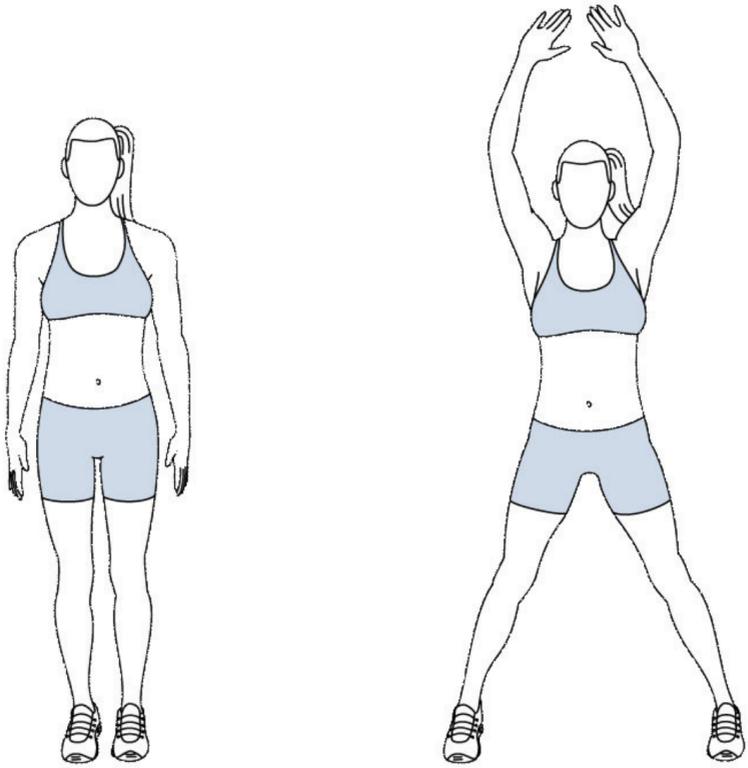
**WEEK.**

**DO THE BONUS WORKOUT**

**WITH ME ONCE THIS WEEK.**

# WARMUP VISUAL GUIDE

Do each warm up exercise for 1 minute

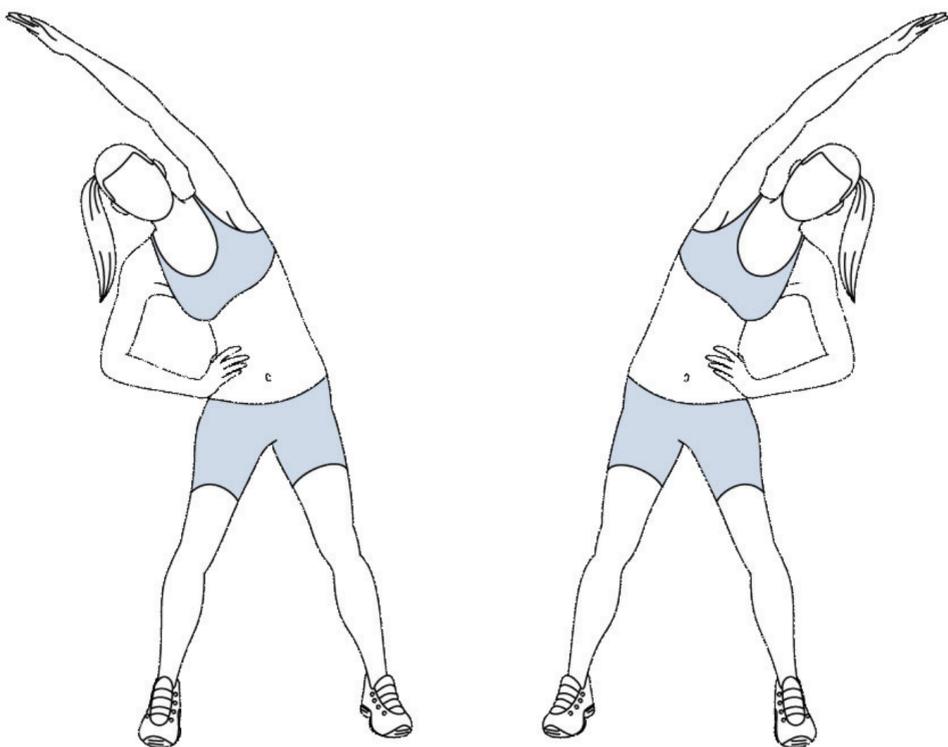
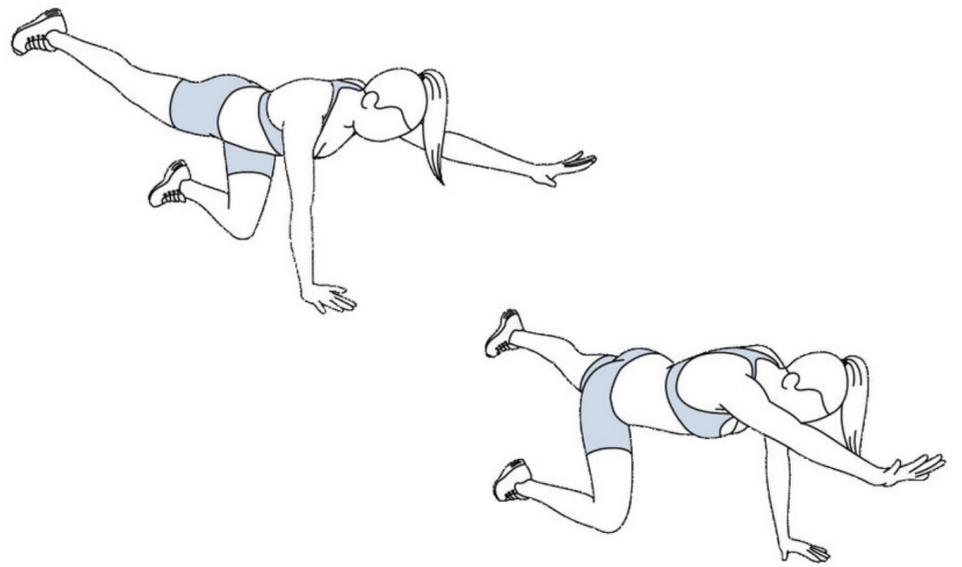


## Jumping Jacks

Modify by stepping out instead of jumping

## Opposite arm/leg reach

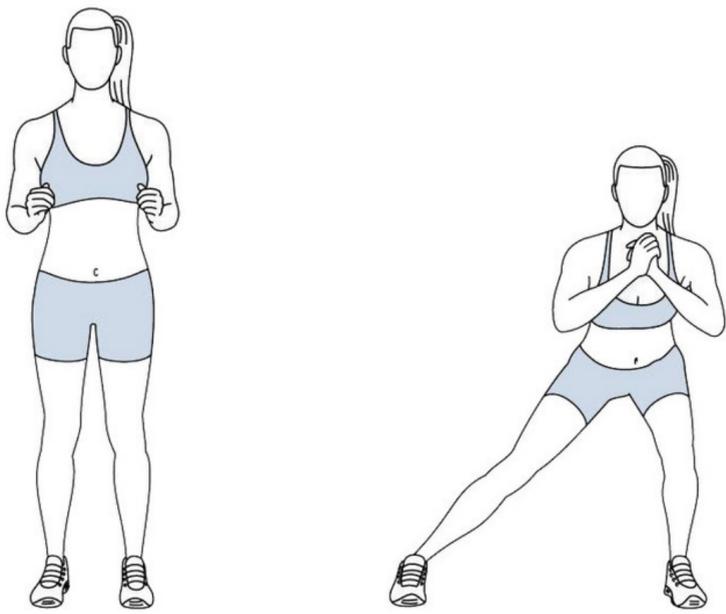
Remember to engage your core by pulling your naval to spine



## Side Bends

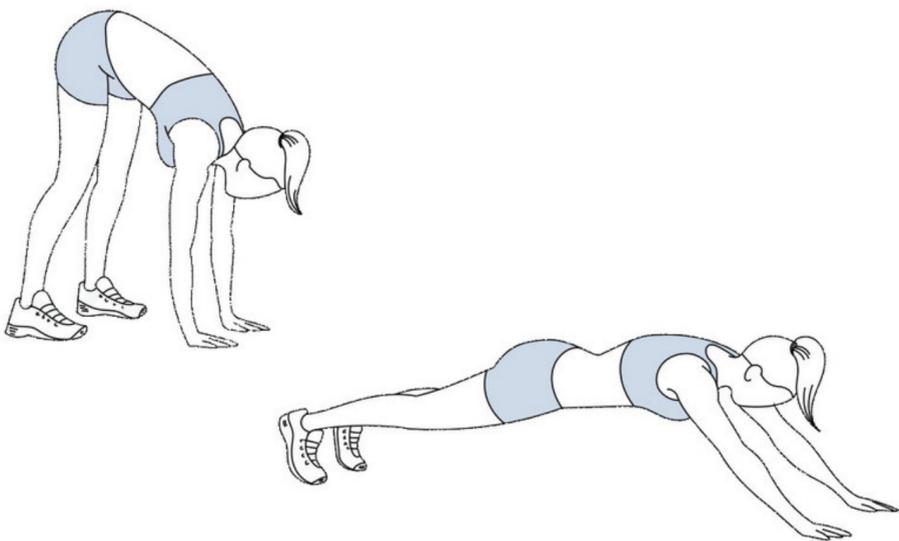
Bend from side to side reaching arm up and over alternate sides

## Side lunge



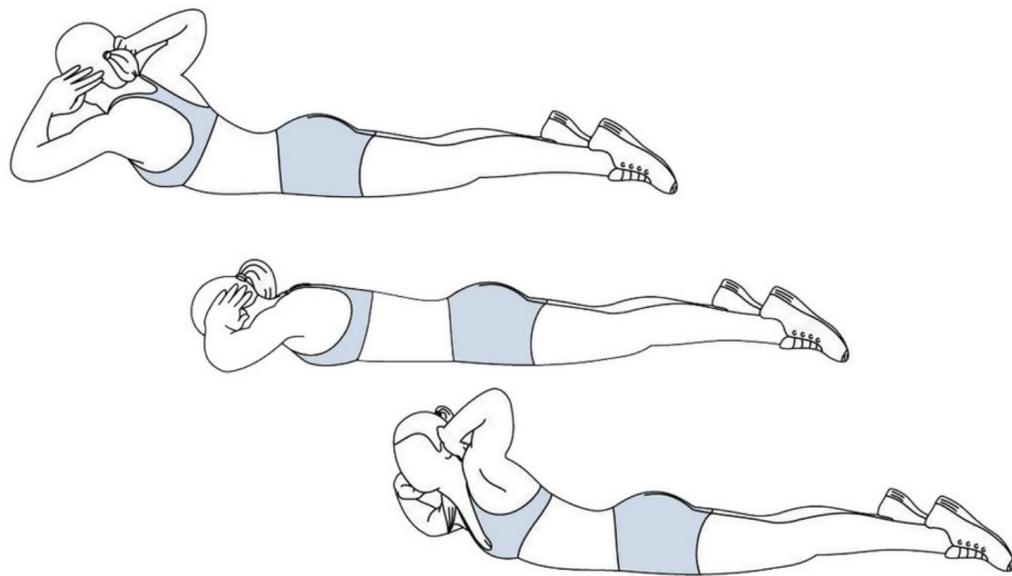
Lunge to one side with your knee tracking over your ankle and hip in line with your knee as shown. Go as low as possible. Shift your bodyweight in your heel and squeeze your booty as you return to starting position. Repeat on the other side. This is one rep. \*Modify by not going as low \*Intensify by holding dumbbells

## Inch Worms



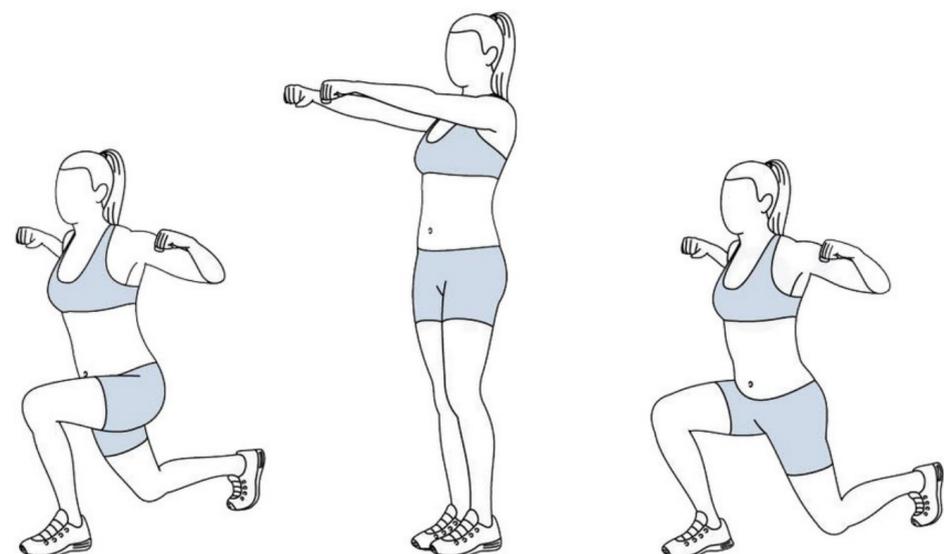
Bend forward and walk your hands out to a plank position. Inch hands as far forward as you can and then walk your feet to meet your hands. Walk your hands out again as you travel. This is one rep. \*Modify by not extending hands and by keeping them under your shoulder in a plank position. Intensify by doing a pushup before walking your feet to meet your hands.

# Alternating Back Extensions



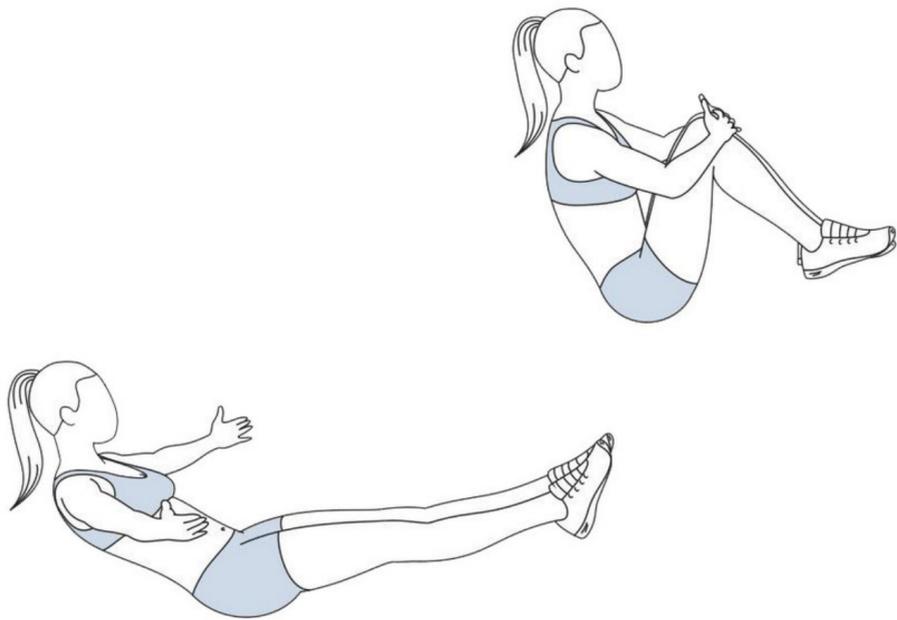
Start on your stomach and interlace hands behind neck. Keep your feet on the floor as you raise your torso up towards the right as show. Return to start and repeat on the other side. This is one rep. Keep your chin tucked throughout. \*Modify and do not alternate sides. Raise your torso straight up. \*Intensify and raise feet off of the ground throughout the exercise.

# Reverse Lunge/Punch



Start by stepping back with your right leg into a lunge position as shown and allow knee to lower as close to the ground as possible. Simultaneously draw elbows back as shown. Return to start as you punch hands forward. Repeat other side. This is one rep. \*Modify and leave hands at your sides. \*Intensify and hold dumbbells

# Knee Tucks



Balance on your tailbone  
arms extended and legs  
extended as shown.

Squeeze knees to chest as  
you hug your knees. Return  
to starting position and  
repeat for prescribed reps.

\*Modify and keep your  
knees bent the whole time

\*Intensify and keep legs  
straight throughout and  
hug arms around the back  
of your knees.

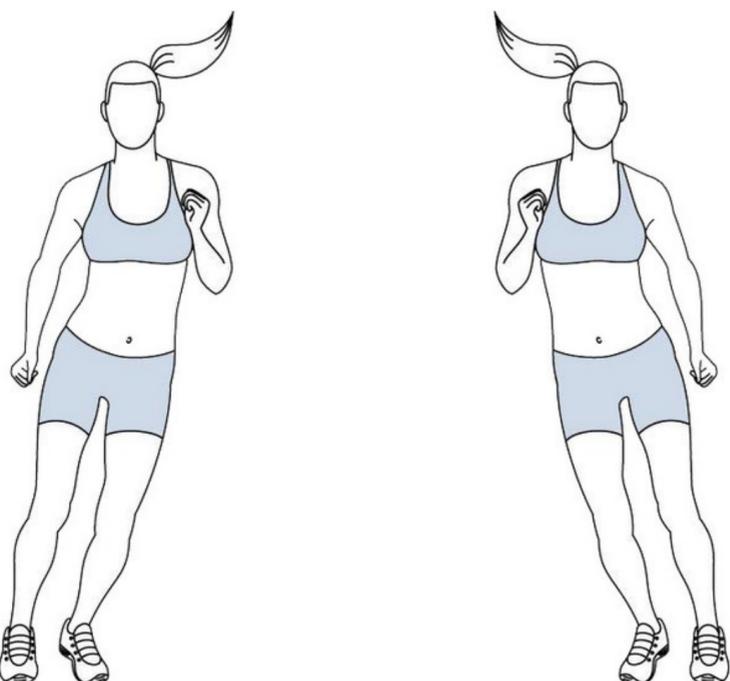
# Pogo Hops

**\*Cardio Blast**

**\*Optional**

For maximum fat burning  
results do this cardio blaster  
for 1 minute after each  
completed circuit.

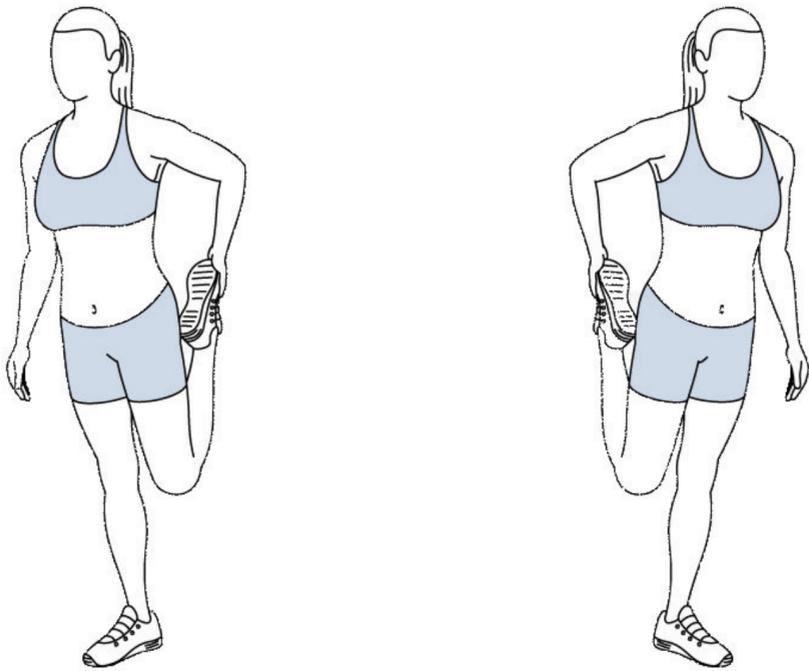
Moving as fast as possible  
jump side to side rebounding  
off each jump and creating  
momentum. \*Modify and do  
not jump instead step out  
quickly to each side. \*Intensify  
and hold dumbbells



**FITLUD**  
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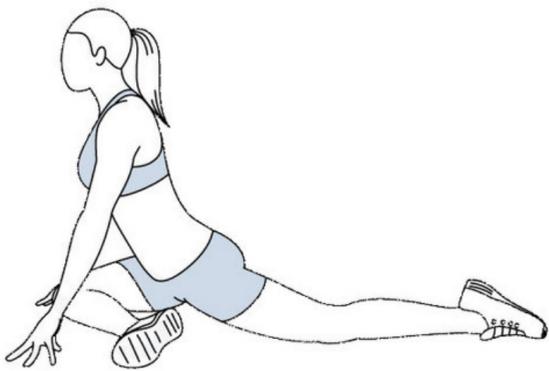
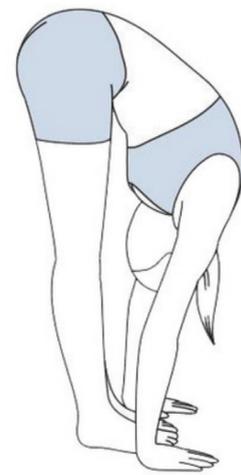
# COOL/DOWN AND STRETCH

Hold each stretch as shown for 1 minute



## Quad Stretch

## Forward Fold/Hamstring Stretch



## Pigeon Pose

