



Healthy Living: Interval Express

<p>Warm Up: 3-5 minutes</p>	<p>Marching (20sec) – Hamstring Curls (20 sec) – Squat and Reach Across (20 sec) – Punches & Fast Feet (20 sec) **Repeat until warm <i>For this routine, complete one of every exercise below like a circuit, then start from the top! Complete as many sets as you can in the time you have. It can be anywhere from 1 – 4 sets if you have the time. Enjoy!</i></p>	
<p>Left Right Sumo Squat</p>	<p>Set 1: 90 sec Set 2: 60 sec Set 3: 45 sec Set 4: 30 sec</p>	<p>Start feet together, begin to take a step out to left side and squat, come back to feet together and complete other side</p>
<p>Regular or Decline Push ups</p>	<p>Set 1: 90 sec Set 2: 60 sec Set 3: 45 sec Set 4: 30 sec</p>	<p>From knees on the floor (or toes) proceed to complete standard shoulder width push ups OR From off the couch/chair with feet/knees, proceed to walk out on the floor and hold same standard push up position.</p>
<p>Clock Lunges</p>	<p>Set 1: 90 sec Set 2: 60 sec Set 3: 45 sec Set 4: 30 sec</p>	<p>Start feet under hips, step forward and bend to lunge, press back, then step to side lunge, back to start, and finally step back and lunge. Back to center and repeat on opposite side. Think of going 12 – 3 – 6 – 12 – 9 – 6 on a clock</p>
<p>Side plank hip lifts</p>	<p>Set 1: 90 sec Set 2: 60 sec Set 3: 45 sec Set 4: 30 sec</p>	<p>From two bent knees or just one and keep top leg straight. Always keep elbow under shoulder and hips in line with feet and shoulders. *Option to add a small or large ball between your feet for added instability.</p>
<p>Plank walk outs & single crunch</p>	<p>Set 1: 90 sec Set 2: 60 sec Set 3: 45 sec Set 4: 30 sec</p>	<p>Start tall, bending over to walk out into a full length plank, proceed to bring left knee to left elbow, and right knee to right elbow then walk back up to starting position</p>
<p>Chair Dips</p>	<p>Set 1: 90 sec Set 2: 60 sec Set 3: 45 sec Set 4: 30 sec</p>	<p>This is for stronger shoulders and arms! Hold Edge of the chair OR couch, keeping elbows pointed back and proceed to dip down no more than 90 degrees in elbow and back up. Keeping feet close with a bent knee is easier – long legs away is much harder.</p>
<p>Towel/Glider Push outs</p>	<p>Set 1: 90 sec Set 2: 60 sec Set 3: 45 sec Set 4: 30 sec</p>	<p>From knees, place towel (two hand towels is easier) or gliders under your palms with hands placed under your shoulders. Slide out briefly to a half plank position or remain in table top. Proceed to push hands and body out, hold before pulling yourself back in. Avoid leading with your bum on the way back in.</p>