

## Live Practice Exercises (Created by SOO)

### Warm Up

Perform each movement for 30 seconds then take 30 seconds rest before beginning the second movement

1. Jogging on the spot
2. Jumping Jacks
3. High Knees
4. Air Squats
5. Lunges
6. Plank
7. Push Ups

### Workout

#### Pick Your Workout

1. 5 x 10 repetitions with 30 seconds to 1 minute rest
2. 3 x 20 repetitions with 30 seconds to 1 minute rest
3. 2 x 30 repetitions with 1 minute to 2 minutes rest
4. 3 x 1 minute with 1 minute rest
5. 8 x 30 seconds with 30 seconds rest

Pick Your Exercises – 2 from each category

#### Abdominals

1. Ruts (Roll Up and Tucks) <https://gymbunnyamber.tumblr.com/post/154418838977>
2. Plank <https://cdn.lifehack.org/wp-content/uploads/2017/08/11072609/plank.jpg>
3. Crunches <https://i.pinimg.com/originals/04/f6/55/04f655fb65fb4ddb839c37d09bfff9a.gif>
4. Leg Raises <https://media.giphy.com/media/chzDPBVVEynCIYS2H9/giphy.gif>
5. Russian Twists <https://hips.hearstapps.com/hmg-prod.s3.amazonaws.com/images/766/fitgif-friday-weighted-russian-twist-slider-thumbnail-override-1515520081.gif>

#### Chest + Arms

1. Push Up [https://media.self.com/photos/59a6e77a912f8b75cea00753/master/w\\_1600%2Cc\\_limit/13.gif](https://media.self.com/photos/59a6e77a912f8b75cea00753/master/w_1600%2Cc_limit/13.gif)
2. Chair Dip <https://thumbs.gfycat.com/GlossyMealyDiscus-small.gif>
3. Plank Ups [https://media.self.com/photos/57eacd33fc07bf4a790d3269/master/w\\_1600%2Cc\\_limit/Plank\\_Ups-new.gif](https://media.self.com/photos/57eacd33fc07bf4a790d3269/master/w_1600%2Cc_limit/Plank_Ups-new.gif)
4. Shoulder Taps [https://media.self.com/photos/5810d4f649a11728733b6125/master/w\\_1600%2Cc\\_limit/PLAN\\_K\\_TAPS.gif](https://media.self.com/photos/5810d4f649a11728733b6125/master/w_1600%2Cc_limit/PLAN_K_TAPS.gif)
5. YTI's <https://i.pinimg.com/originals/4a/29/d7/4a29d784f82e5a5f771f31af76e691c2.png>

## Back

1. Inverted Row <https://hips.hearstapps.com/hmg-prod.s3.amazonaws.com/images/workouts/2016/03/invertedrow-1457101739.gif>
2. One Arm Row <https://thumbs.gfycat.com/AliveDeterminedCommongonolek-small.gif>
3. Reverse Flys [https://thumbs.gfycat.com/DeliciousUnfinishedCleanerwrasse-size\\_restricted.gif](https://thumbs.gfycat.com/DeliciousUnfinishedCleanerwrasse-size_restricted.gif)
4. Superman Raise <https://www.gymguider.com/wp-content/uploads/2019/12/Straight-Arm-Fly.gif>
5. Pull Ups [https://thumbs.gfycat.com/LonelyBlondEstuarinecrocodile-size\\_restricted.gif](https://thumbs.gfycat.com/LonelyBlondEstuarinecrocodile-size_restricted.gif)

## Legs

1. Split Squat Jumps <https://media1.giphy.com/media/iIHxr8vnB8CTC/giphy.gif>
2. Air Squats [https://media.self.com/photos/59c81783bdd6c02d85791296/master/w\\_1600%2Cc\\_limit/Fitness\\_08.gif](https://media.self.com/photos/59c81783bdd6c02d85791296/master/w_1600%2Cc_limit/Fitness_08.gif)
3. Jump Squats [https://media.self.com/photos/57d8843650778cef321a440a/master/w\\_1600%2Cc\\_limit/SQUAT\\_JUMP.gif](https://media.self.com/photos/57d8843650778cef321a440a/master/w_1600%2Cc_limit/SQUAT_JUMP.gif)
4. Glute Bridge Lunges [https://media.self.com/photos/57aa0081d077f2273cf20473/master/w\\_1600%2Cc\\_limit/HIP\\_BRIDGE.gif](https://media.self.com/photos/57aa0081d077f2273cf20473/master/w_1600%2Cc_limit/HIP_BRIDGE.gif)
5. Lunges [https://media.self.com/photos/59c81a69bdd6c02d8579129c/master/w\\_1600%2Cc\\_limit/Fitness\\_06.gif](https://media.self.com/photos/59c81a69bdd6c02d8579129c/master/w_1600%2Cc_limit/Fitness_06.gif)

## Bonus!

1. Burpees [https://media.self.com/photos/5943fddc4e4e9b6122499b42/master/w\\_1600%2Cc\\_limit/burpees6.gif](https://media.self.com/photos/5943fddc4e4e9b6122499b42/master/w_1600%2Cc_limit/burpees6.gif)
2. Tuck Jumps [https://thumbs.gfycat.com/DefenselessGenuineAfricanjacana-size\\_restricted.gif](https://thumbs.gfycat.com/DefenselessGenuineAfricanjacana-size_restricted.gif)
3. Mountain Climbers [https://media.self.com/photos/5817a88e6839af65340d5371/master/w\\_1600%2Cc\\_limit/MOUNTAIN\\_CLIMBERS.gif](https://media.self.com/photos/5817a88e6839af65340d5371/master/w_1600%2Cc_limit/MOUNTAIN_CLIMBERS.gif)
4. Side Plank Dips [https://media.self.com/photos/59c81ac4ea81f306765b2888/master/w\\_1600%2Cc\\_limit/Untitled-6.gif](https://media.self.com/photos/59c81ac4ea81f306765b2888/master/w_1600%2Cc_limit/Untitled-6.gif)
5. One Leg Balance Taps [https://media.self.com/photos/59c81ae041062372cfaba038/master/w\\_1600%2Cc\\_limit/Fitness\\_15.gif](https://media.self.com/photos/59c81ae041062372cfaba038/master/w_1600%2Cc_limit/Fitness_15.gif)