

NO PAIN NO GAIN

BY MATTHEW HENDER

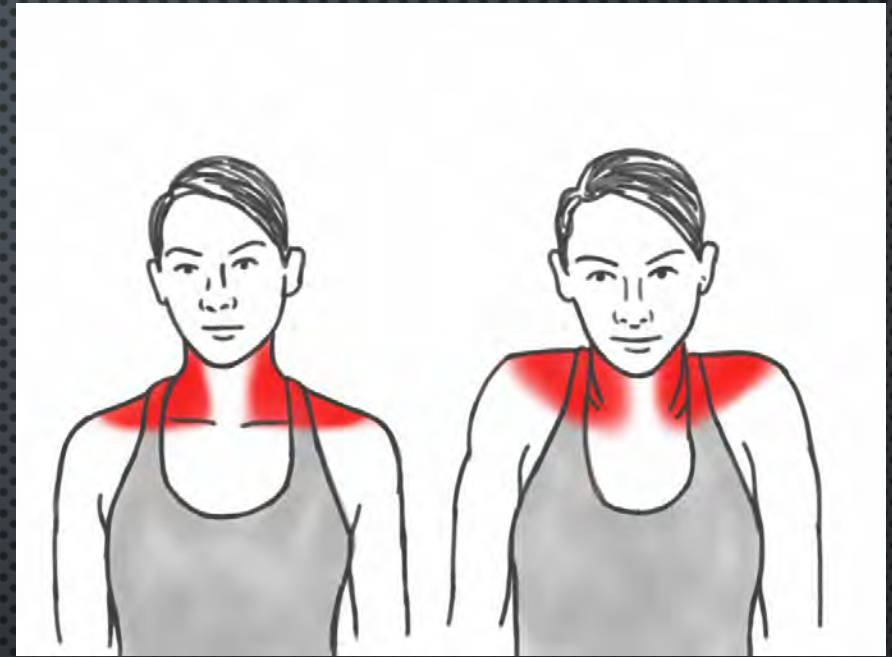




# WARM-UP PART ONE







- WIDE ARM CIRCLES – 12 (2 FOR EACH SINGLE ARM FORWARD AND BACK AND THEN 2 TOGETHER FORWARD AND BACK)

- EXAGGERATED POSTURE – SHOULDERS FORWARD, UP, DOWN, BACK (12 SECOND EACH) THEN DO A FEW CIRCLES





- LUNGES — 6 (HOLD FOR 6 SECONDS, 3 ON EACH SIDE)

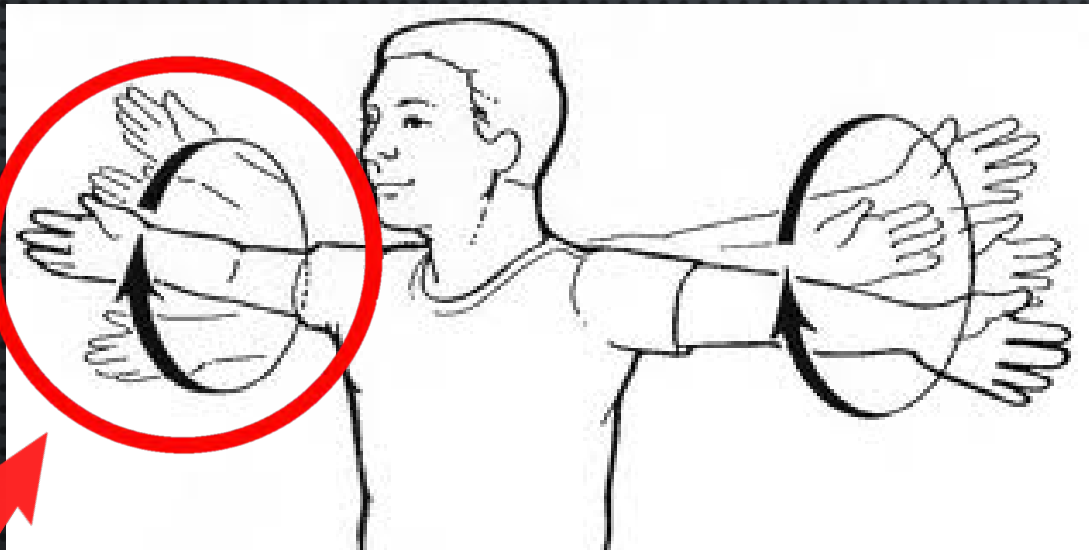


- WALKING TOE TOUCHES — 12 (6 ON EACH SIDE)





- TIGHTENING ARM CIRCLES – ABOUT 15 SECONDS, SLOWLY SHRINKING YOUR CIRCLES



MICHAEL WINOKUR

- MEDITATION STANCE – 20 SECONDS (HANDS TOGETHER, LEGS COMPLETELY BENT RESTING, EYES CLOSED)



# WARM-UP PART TWO







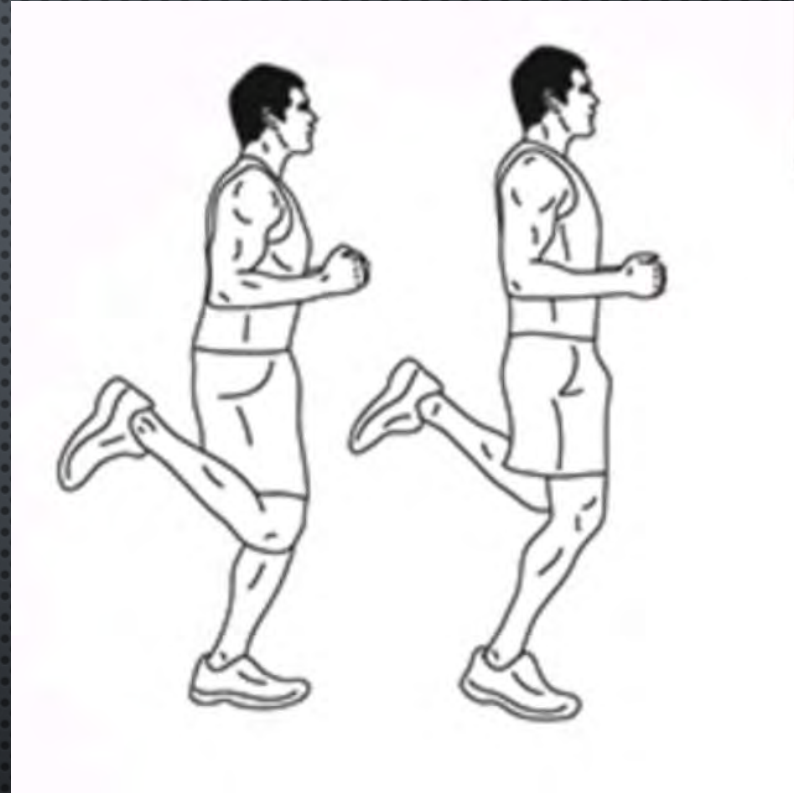
- LIGHT ON YOUR FEET (ALWAYS 6 SECONDS)



- HIGH KNEES (12 SECONDS)



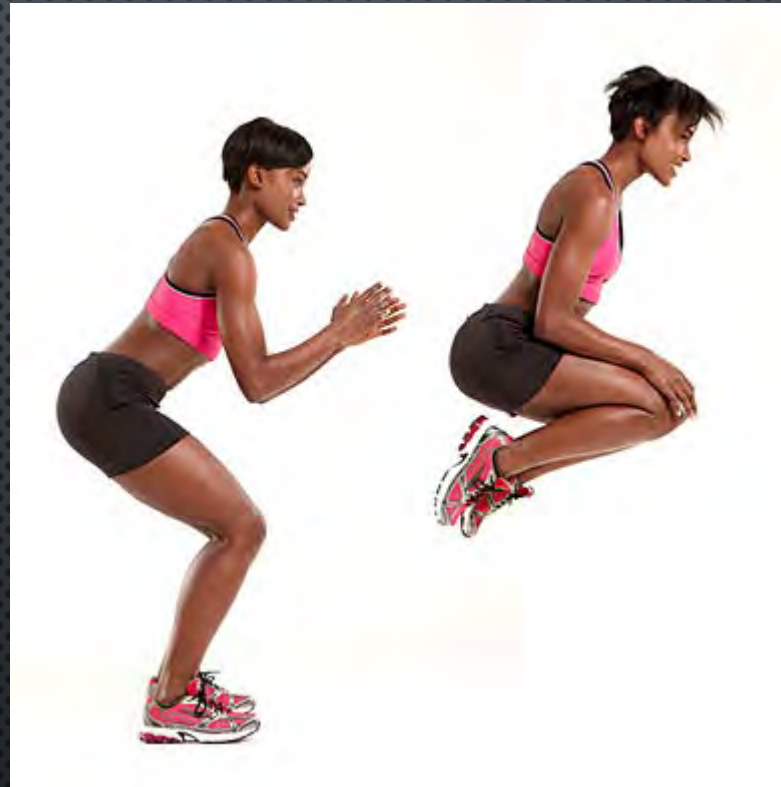
- LIGHT ON YOUR FEET



- BUTT KICKS (12 SECONDS)



- LIGHT ON YOUR FEET



- LIGHT ON YOUR FEET  
FULL SPEED

- TUCK JUMPS (12 SECONDS)



# WORKOUT (ABS)





- PLANK – 60 SECONDS OR LONGER



- 90 SECOND REST





- 10 SECOND REST BETWEEN EACH SET



- TWISTING SIT UPS – 12 (6 FACING EACH SIDE)

- SIDE PLANK – 20 SECONDS, THEN CHANGE SIDES VIA STANDARD PLANK POSITION





- AB CRUNCHES – 12 OR UNTIL YOU CAN'T DO ANYMORE



- MASON TWISTS – 2 SETS OF 12





- DO IT ALL AGAIN IF YOU'RE REALLY FOCUSING ON ABS



- END WITH A 40 SECOND PLANK OR 60 IF YOU DID EXTRA BEFORE





WORKOUT (UPPER BODY)





- 15 SECOND REST BETWEEN EACH SET



- PUSHUPS – 1 SET OF 12

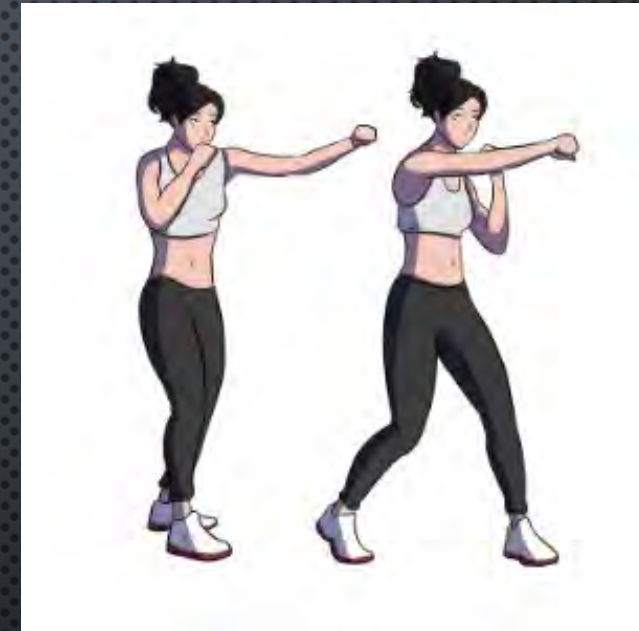


- SIDE PLANK ARM RAISE – 2 SETS OF 12 (6 ON EACH SIDE)





- TRICEP DIPS – 2 SETS OF 12



AIR PUNCHES – 2 SETS OF 20 SECONDS





- MOUNTAIN CLIMBERS – 2 SETS OF 20



- OPPOSITE ARM AND LEG EXTENSION – 2 SETS OF 20





- STATIONARY RUNNING - 2 SETS OF 20 SECONDS

- PUSHUPS – 1 SET OF 12





# WORKOUT (LEGS)

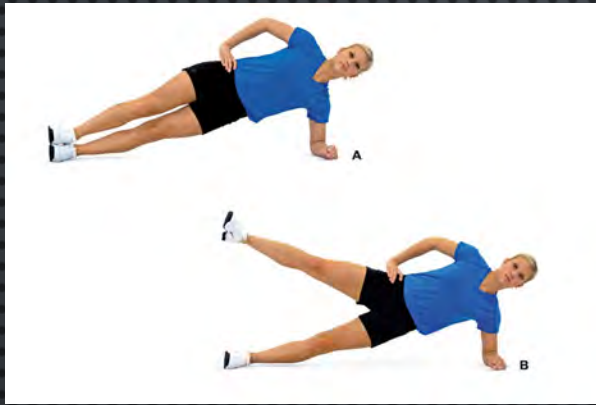




# WORKOUT (LEGS)

- 15 SECOND REST BETWEEN EACH SET
- SIDE PLANK LEG RAISE – 2 SETS OF 12 (6 ON EACH SIDE)
- SKI JUMPS OVER OBJECT GOING INTO A PUSHUP EACH TIME – 2 SETS OF 12
- RUNNING LINES GOING DOWN TO STOMACH EACH END – 8 TURNAROUNDS
- SINGLE LEG BOUNDS USING THE LINES, CHANGE LEG EACH TURNAROUND – 6 TURNAROUNDS
- SQUAT JUMPS TOUCHING GROUND EACH TIME – 2 SETS OF 20
- (OPTIONAL) FULL DEPTH SQUATS HOLDING HEAVY OBJECT OUT FRONT TO KEEP BALANCE – 2 SETS OF 12
- FAST CALF RAISES – 50 OR UNTIL YOU PHYSICALLY CANNOT DO ANYMORE



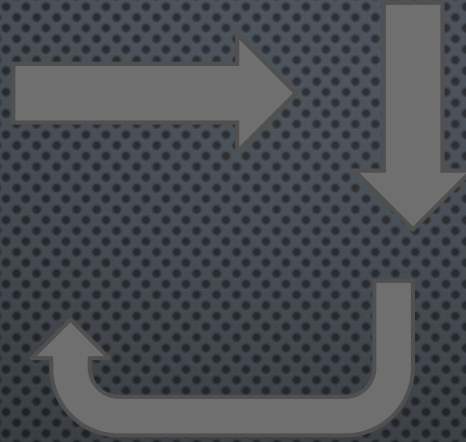


- SIDE PLANK LEG RAISE  
– 2 SETS OF 12 (6 ON EACH SIDE)

- SKI JUMPS OVER OBJECT GOING INTO A PUSHUP EACH TIME – 2 SETS OF 12







- RUNNING LINES GOING DOWN TO STOMACH EACH END – 8 TURNAROUNDS

- SINGLE LEG BOUNDS USING THE LINES, CHANGE LEG EACH TURNAROUND – 6 TURNAROUNDS





- SQUAT JUMPS  
TOUCHING GROUND  
EACH TIME – 2 SETS  
OF 20



- (OPTIONAL) FULL  
DEPTH SQUATS  
HOLDING HEAVY  
OBJECT OUT FRONT  
TO KEEP BALANCE –  
2 SETS OF 12

- FAST CALF RAISES – 50  
OR UNTIL YOU  
PHYSICALLY CANNOT  
DO ANYMORE





# COOLDOWN

- 25-30 SECONDS FOR EACH/ALL STRETCHES PER SIDE







- SIDE ARM STRETCH

- BACK ARM STRETCH







- HANDS BEHIND HEAD STRETCH

- SITTING TOE TOUCHES







- QUAD STRETCH

- CALF STRETCH

