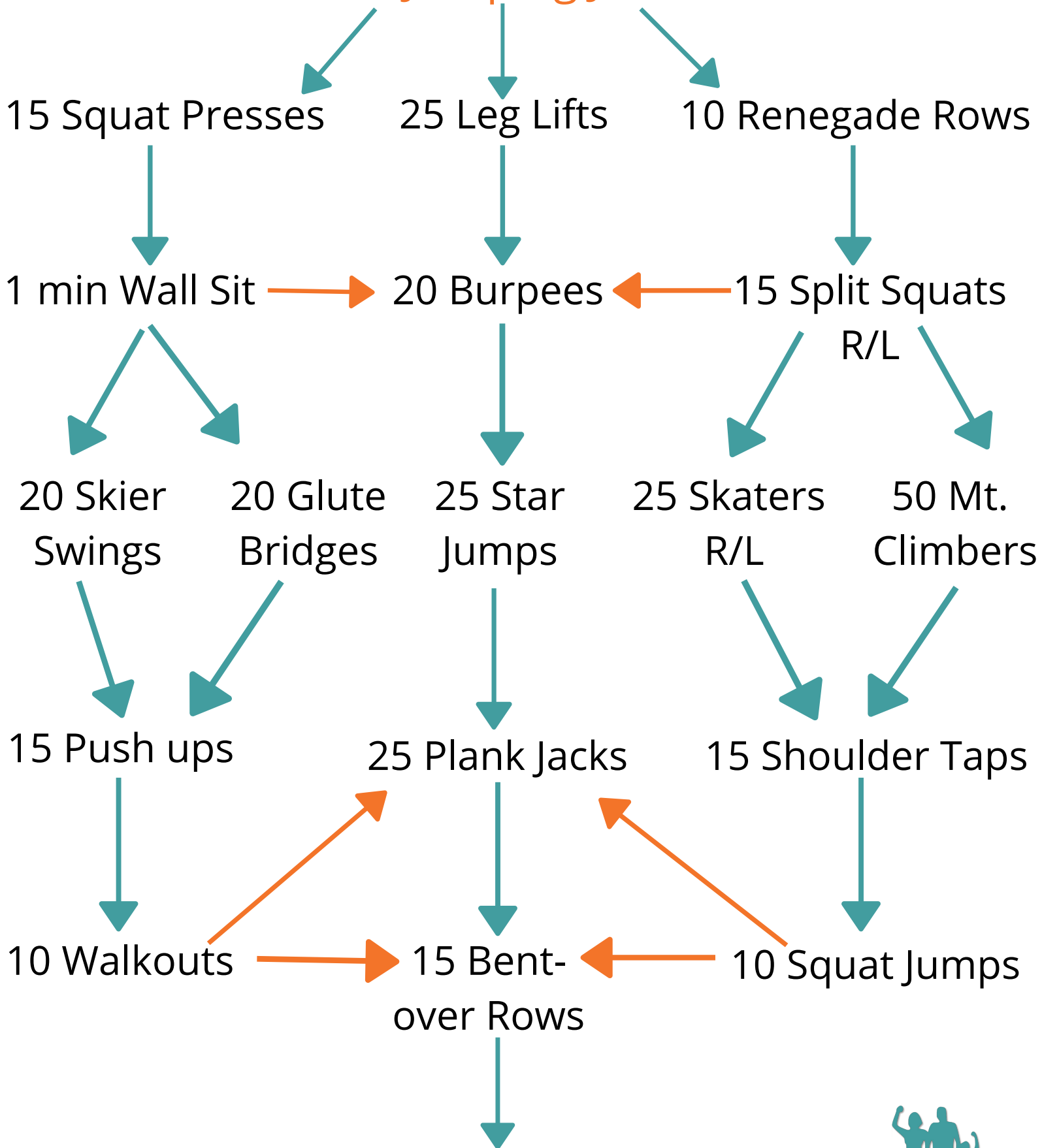


Create Your Own Adventure Workout

50 Jumping Jacks



YOU MADE IT!





Exercise Descriptions

Bent-over Rows- Grip two dumbbells with palms down so that your wrists, elbows, and shoulders are in a straight line. Bend forward at the hips, keeping your back straight with a slight bend in the knees. Lower the dumbbells towards the floor until your elbows are straight, Pull them towards your rib cage. Slowly lower back to the starting position and repeat.

Burpees- Squat down and place your hands on the floor in front of you, just outside of your feet. Jump both feet back into a plank position. Add an optional pushup here! Jump your feet back in toward your hands. Jump into the air, reaching your arms straight overhead as you return to your starting position.

Glute Bridges- Lie face up on the floor, with your knees bent and feet flat on the ground, about hip-width apart. Keep your arms at your side with your palms down. Lift your hips off the ground until your knees, hips and shoulders form a straight line. Keep your head and shoulders on the ground. Hold for 3 seconds while squeezing your butt, then lower your hips and repeat.

Jumping Jacks- Begin by standing with your legs straight and your arms to your sides. Jump up and spread your feet beyond hip-width apart while bringing your arms above your head, nearly touching. Jump again, lowering your arms and bringing your legs together so that you return to your starting position.

Leg Lifts- Lie on your back, legs straight and together. Keep your legs straight and lift them all the way up to the ceiling, keeping your lower back touching the floor at all times. Slowly lower your legs back down till they're just above the floor. Hold for a moment. Raise your legs back up and repeat.

Mt. Climbers- Start in a straight arm plank position, shoulders over your hands and a straight line from your head to your feet. Pull your right knee into your chest as far as you can. Switch legs, pulling one knee out and bringing the other knee in. Keep your hips down as you run your knees in and out as far and as fast as you can.

Plank Jacks- Start in a straight arm plank position. Keeping your shoulders over your wrists and your abs drawn in, jump your feet out slightly wider than hip-distance apart. Jump them back to center (like a scissor move!).

Push-ups- Set up balanced on your hands and toes, hands slightly wider than your shoulders. Keep your body in a straight line from head to toe without arching your back. You can position your feet to be close together or a bit wider, depending on what is most comfortable for you. Slowly bend your elbows and lower yourself until your elbows are at a 90-degree angle. Contract your chest and abdomen muscles, pushing back up through your hands to the start position. Don't lock out the elbows; keep them slightly bent. For a modified version, keep your knees on the floor.



Renegade Row- Set yourself up in a straight arm plank position (on hands and toes with a straight line from your head to your feet) holding one dumbbell in each hand. Raise one of the dumbbells supporting yourself on the other arm. Row the weight upward until your upper arm is slightly higher than your torso, then slowly lower it back down to the ground. Alternate sides.

Shoulder Taps- Begin in a straight arm plank position; head, back and neck in a straight line and core tight. Bring one hand up to tap the opposite side shoulder. Return hand to start and repeat on the other side.

Skaters- Imagine you are a speed skater powering from one foot to the other. Start by crouching down on your left leg, with your right foot behind you. Then jump sideways off your left foot and land on your right foot, bending your knee to absorb the impact. Swing your arms as you jump from side to side.

Skier Swings- Start with your feet hip -width apart and a slight bend in your knees. Hinge at your hips, sitting your butt back keeping your back flat. Explosively thrust your hips forward and come to a full stand, squeezing your butt at the top of the movement. At the same time, swing your arms forward until they're in front of your chest. As your arms return to your side, hinge at the hips again to string together continuous reps.

Split Squat- Start in a split leg position, with one leg forward and one leg back. Flex your knees and lower your hips, until your back knee is just above the floor. Stand back up and return to the starting position. Switch front and back leg when all reps are completed on one side.

Squat Jumps- Start standing with feet hip distance apart and lower into a squat position by bending the knees. Keep the spine straight, chest lifted, and knees behind toes. Jump straight up and swing arms overhead. Return to squat.

Squat Press- Position the dumbbells around shoulder height, palms facing forward. Keeping your chest up, lower yourself into a squat, bending your knees until your thighs are parallel to the ground. As you stand up, push the dumbbells overhead, keeping them in front of your ears.

Star Jumps- Start in a crouching position, hands by your ankles. Leap into the air, simultaneously throwing your arms and legs out to sort of a star position. As you come back to the ground, return the hands and feet to the starting position.

Walkouts- Start with your feet hip-width apart. Bending from your hips, reach for the ground and place your palms on the floor in front of your feet. Slowly shift your weight onto your hands and begin walking them forward until your body is in a straight line from your head to your heels. Slowly inch your hands back towards your feet trying to keep your legs straight as you return to standing.



Wall Sit- Stand with your back to a wall, feet hip-width apart and slightly in front of you. Lean back into the wall, and slide down like you're sitting down onto a chair. Your knees should be bent at 90 degrees with the knees above your ankles. Hold this position.