

Body Improvement Club Day 4 Workout



Organized by Ruby and Danny

Warm-up Stretches

Before you do the workout, please make sure to do numbers 1-8, 10-11, 14, and 16 on the chart to the right. For each stretch, hold the pose for about 10-15 seconds.

Additionally, before you start the workout/stretches, feel free to play some music! (like perhaps some mp100 music?)



1 **Sky reach**
Reach as high as possible.

2 **Toe touch**
First to relax the back, then to touch the floor.

3 **Neck roll**
Roll to the sides and forward, don't roll back.

4 **Shoulder roll**
Roll the shoulders forward and back.

5 **Shoulder stretch**
Pull the elbows.

6 **Side reach**
Stretch to the side, keep the shoulders in-line with the hips.

7 **Quadriceps**
Balance by thinking "up".

8 **Gastrocnemius**
Find a wall, stretch the back heel and calf.

9 **Runner's stretch**
Keep the hips squared, tuck one foot in, and lean forward.

10 **Cross-thigh hug**
Pull the leg up and hug it.

11 **Lower back**
Cross leg, and twist lower back with elbow.

12 **Piriformis stretch**
Thigh up, or variant thigh against the floor.

13 **Ankle roll**
Rotate and loosen the ankle.

14 **Thigh hug**
Stretch the glutes.

15 **Resistance leg**
Grasp behind knee and pull back, meanwhile straightening leg. Variant, point toe down.

16 **Indifferent Frog**
Feet together, get the thighs to the floor.

Baseline Workout

- Exercises
 - Warm-ups
 - Lunges
 - Squats
 - Planks
- No need to overdo it. Remember the focus is solidifying our core foundation and gradually building up from there! Plus we're doing this together!!



FOR EACH WARM-UP EXERCISE MAKE SURE IF YOU'RE IN SLIDESHOW
PRESENTER VIEW TO PRESS 'S' TO SEE NOTES FOR EACH WARM-UP

Warm-up Exercise 1: Lunge with a Twist

2 sets of 10



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Warm-up Exercise 2: Knee to Chest

2 sets of 10



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Warm-up Exercise 3: High Kicks

2 sets of 10



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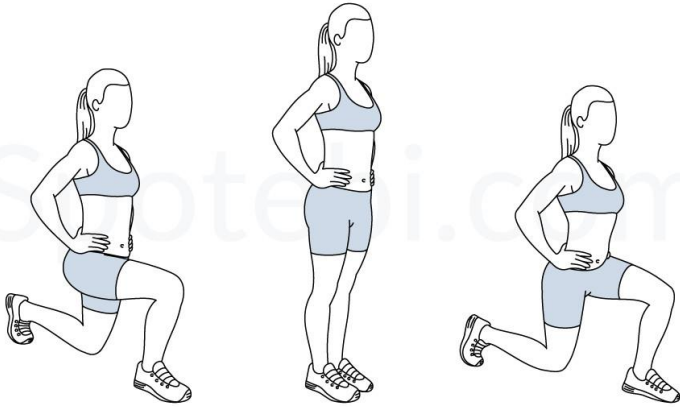
Warm-up Exercise 4: Hip Stretch with a Twist

2 sets of 10



Lunges (Muscle Group: Buttocks & Thighs)

Light: 2 sets, 10-12 reps (minute rest between sets) Heavy: 4 sets, 10-12 reps (minute rest between sets)



Squats (Muscle Group: Lower body; Buttocks & Thighs)

Light: 2 sets, 5-10 reps (90 sec rest between sets); Heavy: 3 sets, 10-12 reps (60 sec rest between sets)

- Start standing upright.

Always perform a squat with your feet hip distance apart.

Feet parallel to your shoulders, arms out in front of you, back straight

Your hips should sink behind you as if you are sitting in a chair.



Planks (Muscle Group: Abs & Back)

- Begin by holding the plank position for 15 seconds.
Light: 3 sets, 30 seconds rest between sets
Heavy: 5 sets, 45 seconds rest between sets
Note: Eventually we'll progress up to 90 seconds!



Intermediate Workout

(Only if you feel you're ready to take it up a notch!)

- Exercises (do baseline workout first)
 - Bicep curls
 - Lateral raises
 - Triceps kickbacks

- Note: Adjustable weights highly recommended to add resistance for these exercises! Suggestions will be shared in BIC channel this week throughout Workout Day!



Bicep Curls (Muscle Group:Upper Body)

2 sets 10-12 reps each arm, minute rest

(using whatever weights/dumbells you have; if you don't have either use something you can grasp with your fist)

- Stand with feet hip distance apart, palms facing inward towards mid-line of your body
Maintain posture as you raise and lower the weights, bending at the elbow



Lateral Raises (Muscle Group: Upper body)

2 sets 10-12 reps, minute and a half rest

- Stand with dumbbell with each hand, palms facing inward towards mid-line of body
Raise your arms straight to shoulder height and lower slowly
If you are bending your elbows, you are lifting too much weight
Lower the arm weights and keep your arms straight



Triceps kickbacks (Muscle Group: Upper body)

2 sets 10-12 reps, minute and a half rest

- Use a chair/bench to stabilize yourself
Extend your arm slowly backward and return to starting position with control



Cool-down Stretches

These stretches are basically the same as the warm-up ones, but they're just as important!

So, once more, please make sure to do 1-8, 10-11, 14, and 16. This time, do each pose for about 15 seconds, regardless of how long you held them for last time.

This concludes our first workout session!

(Keep in mind this is testing the waters in a way, it's intended to assess people's skill levels.)

Notes: Unfortunately there will not be a strength section this week, as we need to encourage people to purchase (not too heavy) weights, and compile a list for alternatives to weights. Please offer your feedback on whether the workout was too easy, too hard, etc. And we love suggestions, so feel free to @ or dm us!

