

# Body Improvement Club Day 2 Workout

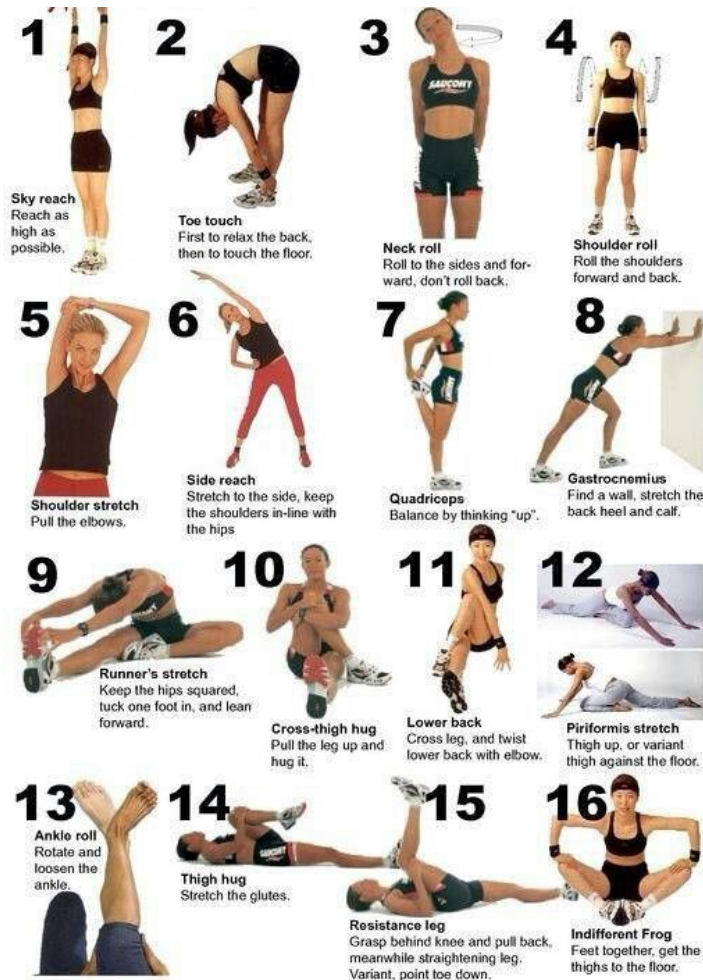
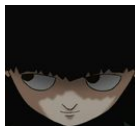


Organized by Ruby and Danny

# 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?)



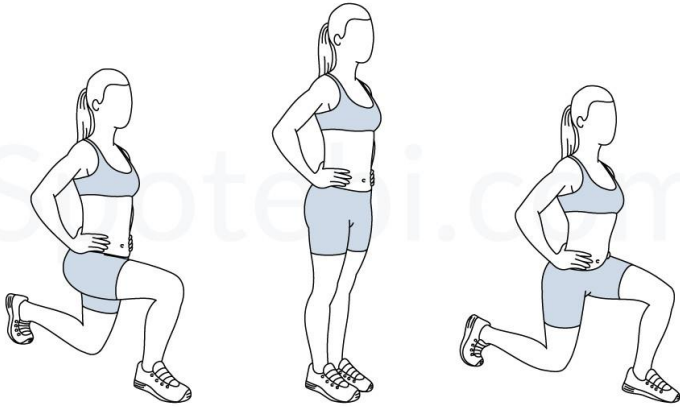
# Baseline Workout

- Exercises
  - 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!!



# 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!



# 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!

