

Body Improvement Club Day 6 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?)



Workout

- Exercises (Lower body & triceps)
 - More Warm-up Stretches
 - Reverse lunges
 - Side lunges
 - Tricep dips



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 Stretch 1: Lunge with a Twist

2 sets of 10



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 Stretch 2: Knee to Chest

2 sets of 10



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 Stretch 3: High Kicks

2 sets of 10

Go as high as you can! Your leg doesn't have to reach your palm. These are just stretches



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 4: Hip Stretch with a Twist

2 sets of 10



Reverse Lunges (Quads, hamstrings, glutes, core)

Light: 2 sets, shoot for 30 seconds (minute rest) Heavy: 2 sets, shoot for a minute (90 sec rest)

Note: You don't have to use a towel/weights unless you want some additional resistance



Side Lunges (Quads, hamstrings, glutes, core)

Light: 2 sets, shoot for 30 seconds (minute rest) Heavy: 2 sets, shoot for a minute (90 sec rest)

Note: You don't have to use a towel/weights unless you want some additional resistance



Tricep Dips

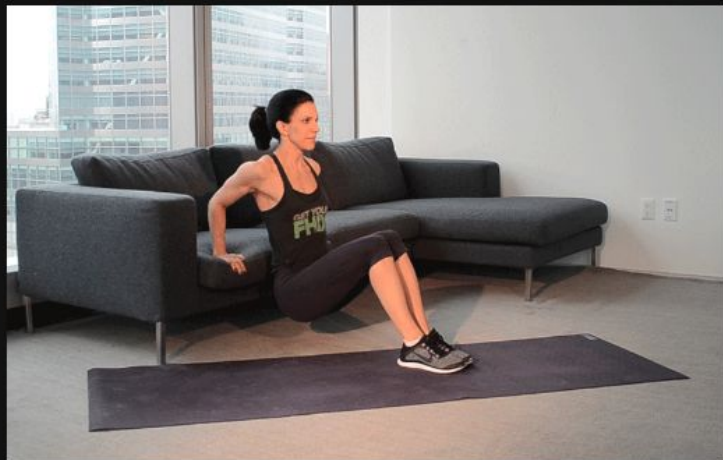
Light: 2 sets, 5 reps (minute rest); Heavy: 2 sets, 10 reps (90 sec rest)

Note: If you don't have yoga mat, just make sure you're on a surface where your feet won't slide.

HYDRATE! HYDRATE! HYDRATE! YOU'RE DONE! 🐼

Tricep Dips

Stand in front of a chair or couch seat. Place hands on seat with fingers pointing forward. Keep back flat and walk legs out in front of body. Bend arms and lower butt toward ground, being sure to keep elbows directly behind body. Straighten arms to complete 1 rep. Do 10 reps.



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!

