

Body Improvement Club Day 9 Workout

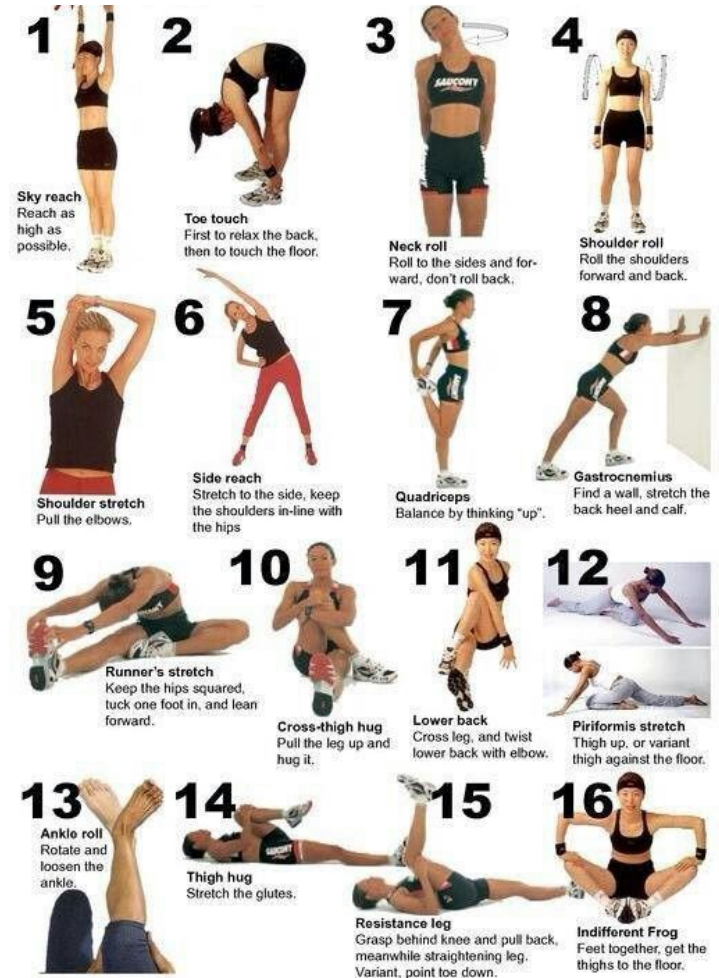
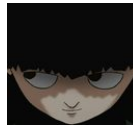


Organized by Ruby and Danny

Warm-up Stretches

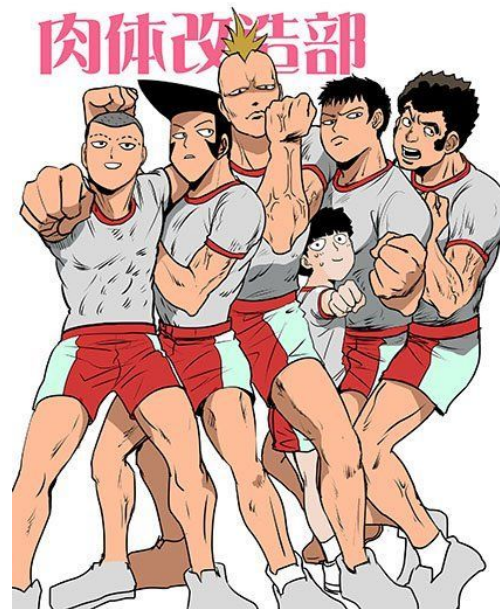
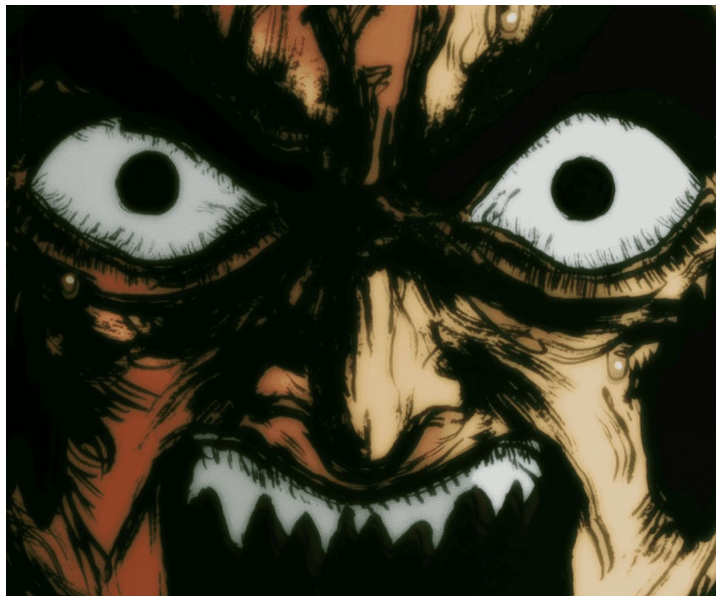
Before you do the workout, please make sure to do numbers 1-8, 10-11, 14, and 16 on the chart to the right. For each stretch, hold the pose for about 10-15 seconds.

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



Workout

- Exercises (Abs & Shoulders)
 - More Warm-up Stretches
 - Squats
 - Air bike
 - Lying Leg Raise
 - Pike Press
 - Crab Walk





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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



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

Light: 2 sets, 4-6 reps (60 sec rest between sets); Heavy: 2 sets, 8-10 reps (90 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.

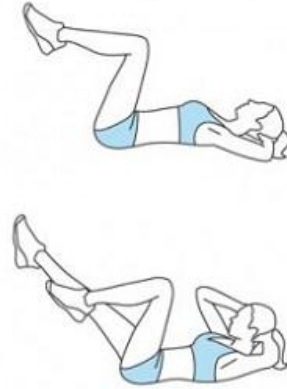
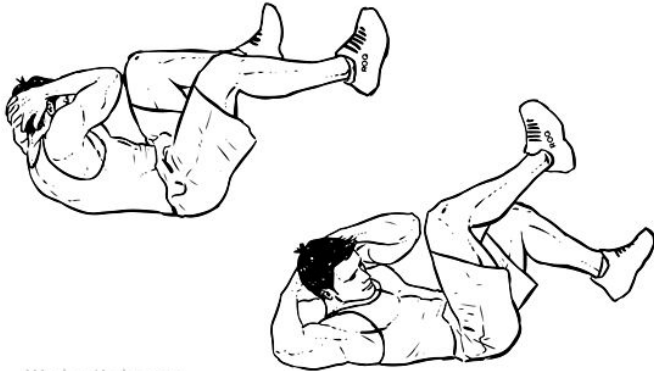
No need to overdo it. Do what you can handle.

Hydrate & rest for 2-3 minutes before next exercise



Air Bike (Muscle Group: Abs)

- As you see in 2nd image, lay flat on your back, hands behind your head, Doing your best to bend knees at 90 degree angle.
Follow what you see in 1st image in performing the air bike from side to side.
Light: 2 sets, 30-60 seconds, minute rest; Heavy: 2 sets, 60-90 seconds, 90 second rest
Hydrate & rest for 2-3 minutes before next exercise



Leg Raise (Muscle Group: Abs)

- Lay flat on your back and raise your legs as much as you can. Ideal is shown below, but don't feel bad if you can't reach that position. Focus on doing what you can! You've got this!

Light: 2 sets, 3-5 reps, minute rest; Heavy: 2 sets, 6-8 reps, 90 second rest

Hydrate & rest for 2-3 minutes before next exercise



Pike Press (Muscle Group: Shoulders)

- Start in pushup position.

Elevate your hips as shown in 1st picture.

Bend elbows and try to get your head to touch floor/mat (preferably mat).

Focus on doing what you can! You've got this!

Light: 2 sets, 4-6 reps, minute rest; Heavy: 2 sets, 8-10 reps, 90 second rest

Hydrate & rest for 2-3 minutes before next exercise



Crab Walk (Muscle Group: Shoulders)

- LAST EXERCISE! ALMOST THERE!

Begin by sitting on the floor with your feet hip-distance apart in front of you.

Arms behind your back with fingers facing hips. Lift hips off the floor and tighten abs.

Start “walking” forward by moving your left hand followed by your right foot; and then your right hand followed by your left foot.

Walk four or more steps as space allows, then walk back. Continue back & forth until time’s up.

Light: 2 sets, 30 seconds, 60-90 second rest; Heavy: 2-3 sets, 45 seconds-minute, 90 second rest

Hydrate & rest for 5 minutes before cool down. Give yourself some praise! You did it!!



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.

Please remember to offer your feedback on whether the workout was too easy, too hard, etc. And we love suggestions, so feel free to @ or dm us!

Here is the link to this week's feedback quiz:

https://docs.google.com/forms/d/e/1FAIpQLSecQCF2bJYofFt5P9TfGrI5_OtGK5QDSrr6xycT8j0nfEwOsA/viewform

m **do it**

