

Friday's Challenge

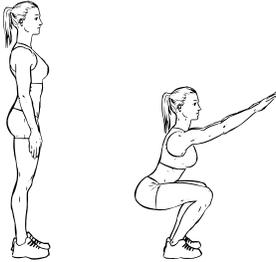
Abs, Legs



NRF F.

Set Phone timer 20 min Go to work

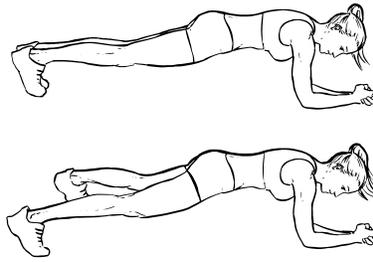
Air Squats



1 sets ☒

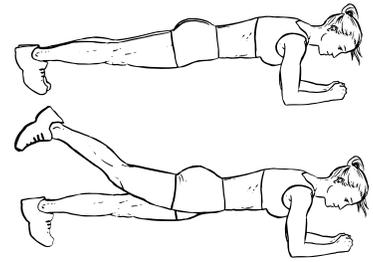
5min

Plank Jacks / Extended Leg



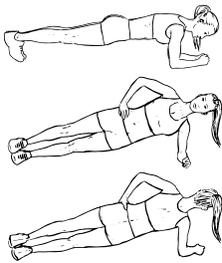
2 sets 15 secs

Plank Leg Lifts



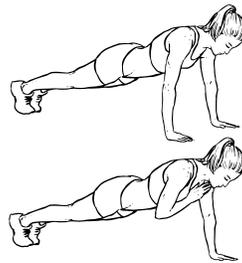
2 sets 15 secs

Plank Rolls / Planks



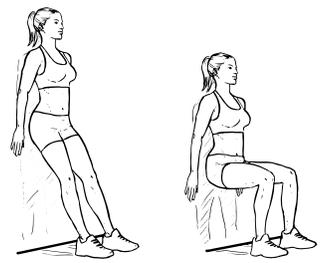
2 sets 15 secs

Plank Shoulder Taps / Planks



2 sets 15 secs

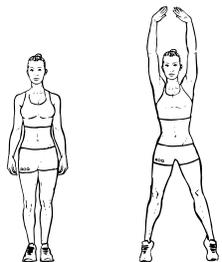
Wall Sit / Squats / Chair



1 sets ☒

5 min

Jumping Jacks / Star Jumps



1 sets ☒

5 min



SoFIT

Air Squats

Primary muscle group(s):

Hamstrings, Quadriceps

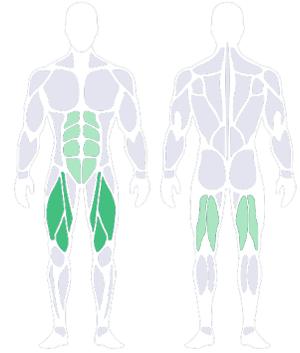
Secondary:

Abs, Hamstrings

Place your feet at shoulder width apart while keeping your chest up and your abdominals braced.

Begin the movement by swinging your arms up towards your shoulders. At the same time, bend at the knees and drive your hips back like you're sitting in a chair.

Once your upper thighs are parallel with the ground, pause, then drive your hips forward to return to the starting position.



Plank Jacks / Extended Leg

Primary muscle group(s):

Abs, Glutes & Hip Flexors

Secondary:

Lower Back

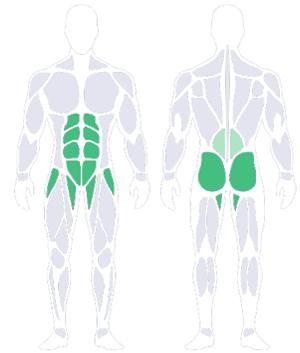
Get into a pushup position with hands under shoulders and body straight from head to toes.

Engage your core and bend your elbows, keeping them in towards the body.

Lower your body towards the floor.

Straighten your arms and quickly jump the feet forward to outside of the hands.

Jump back to starting position.



Plank Leg Lifts

Primary muscle group(s):

Abs

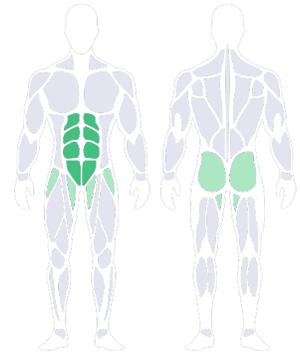
Secondary:

Glutes & Hip Flexors

Lie on a mat and position yourself in a plank position. Place your elbows on the floor beneath your shoulders. Your toes should touch the floor and your torso should be lifted in a straight line.

Engage your core muscles and lift one foot off the floor. Keep the rest of your body as still as you can. Your heel should lift until it is in line with your buttocks.

Slowly lower the leg to the starting position and repeat with the other leg.



Plank Rolls / Planks

Primary muscle group(s):

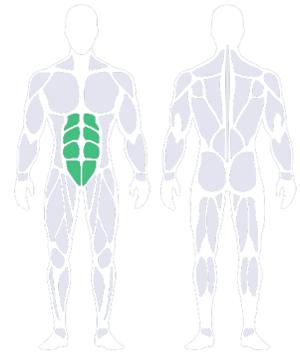
Abs

Lock yourself in the plank position ensuring that your body forms a straight line from shoulders to heels.

Bring your feet together and simultaneously transfer your weight onto your left arm.

Allow your feet to slowly tip over as your body rolls into a side plank in a controlled fashion.

Reverse the motion back to the full plank before transferring to your right side.



Plank Shoulder Taps / Planks

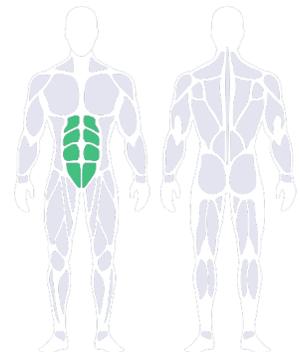
Primary muscle group(s):

Abs

Lock yourself in the plank push-up position ensuring that your body forms a straight line from shoulders to heels.

Bring your right arm off the ground and touch your left shoulder before placing it back on the ground.

Repeat the same movement for the opposing arm.



Wall Sit / Squats / Chair

Primary muscle group(s):

Glutes & Hip Flexors, Quadriceps

Secondary:

Abs, Calves, Hamstrings

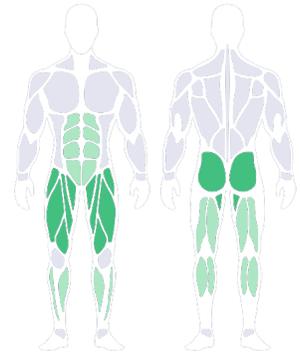
Stand tall against a wall with your head and back touching the wall.

Position your feet so that they are shoulder-width apart and a few inches away from the wall.

Rest your arms at your sides.

Bend your knees and lower into a squat position until your thighs are parallel to the floor and hold the position

Return to starting position by straightening your knees and standing tall again.



Jumping Jacks / Star Jumps

Primary muscle group(s):

Glutes & Hip Flexors, Quadriceps

Secondary:

Abs, Calves, Hamstrings, Shoulders

Stand with your feet together, arms fully extended with your hands by your sides. This is the start position.

Bend your knees slightly then straighten and push through the balls of your feet while straightening your your knees to jump up spreading your legs to wider than hip width apart.

As you do so, raise both arms out and up in a smooth arc until your hands meet above your head.

As you return to the ground, bring your feet together and your hands back to your sides with your arms fully extended.

Continue without pause for the desired amount of time or repetitions.

! This exercise can be performed as a timed exercise, completing as many reps as possible in a set time or, in sets with a fixed number of repetitions per set. To increase intensity, bend your arms slightly as you raise them to engage your biceps and triceps and squeezing them during each rep.

