

2014 January Calendar

“Core and Posture”

Perform each exercise for 1 minute then repeat for a total of 3-5 sets.

1. Pirate Ships: Stand with your legs far apart and toes turned out as if you were going to do a plié squats. Both hands hold one DB down in front of you. Turn to your left and lift the DB up towards the sky with straight elbows. Stop the DB before going over head. Use momentum to swoop the DB over to your right. Continue to perform this exercise by making a “U” shape.

2. Bent-Over Reverse Fly: Start with feet together, bend knees slightly, bend over at waist, leaving arms dangling below. With a flat back, lift arms out to the side and back down. The back is arched, not rounded, in this exercise.

3. Jump Rope

4. Mountain Climbers: Lower to ground, hands and feet on ground, hands under shoulders. Jog legs into chest. Beginners, walk legs into chest. Try for 30 seconds, move up to 60 seconds.

5. Plank: Lower down to ground, elbows and forearms on ground parallel, shoulders over elbows. Extend feet out and lift body off ground. Keep hips low without arching back, tighten abs, back, glutes, inner thigh. Beginners, try holding this for 30 seconds and take a break. More advanced, we’re going to do hip dips. Plank position, drop your right hip to the floor, up like a rainbow, and then the other hip. The key is the make sure you’re doing a rainbow motion with your hips and not sinking down low.

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