



ABC Fitness Segment “Fitting In Fitness” Monday January 24, 2011

There will be a total a five people with the Phenomenal Fitness Group for the segment. Sean Armstead, Galen Lundin, Karen Bowman, Sarah Jones, Gail Hutson.
















We live busy lives, as a result of our hectic schedules our own health is often neglected. There is a method of training your body that can help you greatly improve your over fitness. It’s called Tabatta. It consists of doing a movement or exercise for 20 seconds vigorously, followed by 10 seconds of recovery. That circuit is repeated 8-10 times, which amounts to 4-5 minutes of for the workout. **Tabatta method excellent** to fit in life enhancing **WEIGHT-LOSS, LEAN MUSCLE** and **GENERAL FITNESS**.

The only equipment used for this 3 day workout is a band. Each workout consists of 4 movements. 20 seconds of continuous exercise followed by 10 seconds off/rest. Then move on to the additional 3 exercises in the circuit. Complete 2 rounds which is a 4 minute circuit. As you improve your strength and abilities do a couple of additional rounds (8 minutes of high quality work). **Exercise descriptions are below.**


DAY ONE

FLOOR BRIDGE			
RUSSIAN TWIST			
PUSH UP			
SPEED SQUAT			

DAY TWO

REACHES ALTERNATING				
PLANK ALT HAND TOUCH				
BENT ROW WITH BAND				
REVERSE LUNGES				

DAY THREE

SEAT BAND PRESS			
REVERSE AB CURL			
BAND DISLOCATES			
JUMP SQUATS			

Floor Bridge-

- *Performed laying on your back*
- *Knees bent at a 90 degree angle*
- *Extend the hip, pushing it towards the ceiling*
- *Maintain a straight line from shoulders through top of the knees*
- *Hip-knee angle no less than 90 degrees*
- *Weight is focused on the heels*
- *Return to bottom position*

Russian Twists

- *Being on your back with only your glutes on the floor, keeping your torso and legs elevated*
- *With your arms extended, touch to the right and then to the left*
- *Lowering your torso and or legs will increase difficulty*

Push up

- *Hands shoulder, or slightly wider than shoulder width apart.*
- *Proper plank position must be established throughout the entire movement*
- *Bend at the elbows first lowering the torso towards the hands.*
- *The hands should be right under the nipples at the bottom position.*
- *Extend the elbows and return to starting position.*

Speed squat

- *Feet slightly wider than shoulder width apart*
- *Keep weight focused on the heels*
- *Bend at the hips and knees, as if sitting down in a chair*
- *Do not allow torso to fall forward*
- *Drive through the heels and return to starting position*

Alternating Reaches

- *Begin with both feet slightly narrower than shoulder width apart*
- *Step to the right and transfer weight to the right foot with the knee and toes aligned*
 - i. *Do not allow the knee to fall inwards*
- *Forward bend should occur at the hips*
 - i. *Arms should fall to both sides of the knee*
- *Push off with the right foot with weight focused on the heels*
- *Extend hips and trunk to return to starting position*
- *Left side is same as above*

Plank Alternate Hand Touch

- *Begin in pushup position*
- *You should not feel any low back pain, and exertion should be focused on the core*
- *Begin by touching your opposite hand with your first hand*
- *Alternate with second hand*
- *Try to minimize movement throughout torso*

Bent Row with Band

- *Wrap the band around your feet and hold each end in your hand*
- *Have slight bend in your knees, and your torso angled at approximately 45 degrees*
- *Pull the band towards your naval, keeping your chest up*
- *Slowly return to starting position*

Reverse Lunges

- *Starting position with legs at shoulder width apart.*
- *Step backwards with the first leg, flexing at the hip and knee*
- *Lower the body until Left leg is 1in above the floor*
- *Maintain upright torso position*
- *A 90 degree angle from thigh to shin should be met*
- *Push off from the heel of front leg*
- *Extend the hip and knee to return to starting position.*
- *Repeat with second leg*

Seated Band Press

- *Begin seated with band under your glutes and knees bent*
- *Arms should be in the bent position next to your shoulders*
- *Begin to extend your arms overhead, and push directly upwards*
- *Slowly under control return to starting position*

Reverse Ab Curl

- *Begin on your back with legs extended at a 90 degree angle*
- *Place your hands to your side to maintain balance*
- *Lift legs towards the ceiling contracting your lower abs*
- *Twist your legs so your toes are pointed towards your opposite shoulder*
- *Return to starting position and repeat towards opposite side*

Band Dislocates

- *Begin with arms extended directly in front of you holding the band*
- *Arms should be shoulder width apart*
- *Extend your arms behind your head maintaining straight arm position*
- *A stretch should be felt in the chest and shoulders*
- *Repeat bringing arms towards starting position*

Jump Squats

- *Place feet slightly wider than shoulder width apart*
- *Keep weight focused on the heels*
- *Bend at the hips and knees, as if sitting down in a chair*
- *Do not allow torso to fall forward*
- *Drive through the heels and jump as high as possible*
- *Try to land softly and repeat*