

Bodyweight Burn

Abbie Appel

DCAC Fitness Convention - Virginia 2013

Round 1 - 4 minutes each block, 1. Tabata 2. Upper Body 3. Lower Body 4. Core

Tabata	Lower Body Strength
1/2 - Side Squats - touch floor 3/4 - Hand Plank Elbow Knee 5/6 - Charleston 7/8 - Plank hop in sagittal	Y-squats Right 1:30 Y-squats Left 1:30 Power Drill - Butt Kick 1:00
Upper Body Strength	Core Movements
Weight Shift 30 sec R/30 sec L Push-Up 30 sec R/30 sec L Prone Spinal Extension 30 sec Push-Up on knees/bend knees and straighten legs 30 sec	Planks Oppositional Crawl Elbow to knee Lateral Crawl

Round 2 - 4 minutes each block

Tabata	Lower Body Strength
1/2 Power Squats - floor and hop 3/4 Mountain Climber - speed 5/6 Squat to Kick 7/8 Diagonal Burpie	:Side Lunge right :30 Side Lunge to knee Right :30 Side Lunge Dynamic Balance w/Hip Abduction/Cross Right :30 Repeat all on left side 1:30 Power - Skater 1:30
Upper Body Strength	Core Movements
Supine Plank - then tempo 45 sec R/45 sec L Prone Spinal Extension - 1:00 Triceps Dip - leg extension (kick) 45 sec R/45 sec L	Seated Rolldown 1:30 V-sit elbow to knee :30 each side Around the world rollup to V-sit 1:30