

RU FIT VIRTUAL WORKOUT 4

ROUNDS

Set Up: Set timer to 30:15 use a mat or towel if necessary.

Complete 30 sec of work and 15 sec of recovery for each full body move. After the completion of 1 round of the full body moves, go directly into 3- 30 sec of work and 15 sec of recovery of ab move 1. After ab move 1, rest for 45 seconds (aka let the timer run). After your recovery, go directly into round 2 of the full body moves. After round 2 of the full body moves, go directly into 3 - 30 sec of work and 15 sec of recovery of core move 2. Use this same format for 5 rounds.

Total time: 4 min

WARM UP

*30 sec each exercise with
15 sec jog in place
2 round*

Jumping Jacks

Squat With Trunk Twist

Alternating Hip Rolls

Total time: 26 min

WORKOUT

Full Body Moves

Squat Kick

Broad Jumps to High Knees

Lateral Lunge to Tuck Jump

Push up

CORE MOVE (IN BETWEEN EACH ROUND)

Round 1: Mountain Climbers
Round 2: Sit up to Russian Twist (R+L)
Round 3: Rope Climbs
Round 4: Bridge pulse
Round 5: V up

STRETCH

Stretch 1: Childs Pose
Stretch 2: Upward Facing Dog
Stretch 3: Forward Fold

ROUNDS – RU Fit Virtual Workout - #4

Set up: Set a timer for 30:15 interval. Use a mat or towel, if available

Warm Up Total Time: 4 min	Complete 30 secs of each exercise followed by a 15 sec jog/march in place. 2 total rounds.
Exercise	Description
Jumping Jacks	Start with feet together, jump feet out wide as arms reach overhead. Jump the feet back in together and bring the hands to the side Modification: Tap the feet instead of jumping
Squat With Trunk Twist	Start standing with feet hip width apart and hands in front. Perform squat where hips go back and down until thighs are parallel to the ground. After full range is complete, push through the heels and stand. After the completion of the squat, rotate the upper body to the side and repeat. Modification: Go Slow
Alternating Hip Rolls	Stand with feet hip distance apart, bring on leg up with knee facing the middle of your body, complete a circle with your knee, feeling the stretch through the hips and lower body. Repeat on the other side. Modification: Go Slow

Work Out Total Time: 26 min	Complete 30 sec of work and 15 sec of recovery for each full body move. After the completion of 1 round of the full body moves, go directly into 3- 30 sec of work and 15 sec of recovery of ab move 1. After ab move 1, rest for 45 seconds (aka let the timer run). After your recovery, go directly into round 2 of the full body moves. After round 2 of the full body moves, go directly into 3 - 30 sec of work and 15 sec of recovery of core move 2. Use this same format for 5 rounds.
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FULL BODY MOVES

Exercise	Description
Squat Kick	Start with feet hip distance apart. Bend knees and drop butt down till legs form a 90 degree angle. Stand back up and kick forward. Modification: No Kick
Broad Jump to High Knees	Stand with feet hip distance apart. Begin by swinging arms back behind your body as knees are bent and hips are back. Swing arms forward, push hips forward, and jump forward off the ground. Land on both feet with knees bent. Stand up and perform high knees back to starting positions. Modification: Step instead of Jump + March instead of High Knees
Lateral Lunge to Tuck Jump	Start with feet hip distance apart, step out to the right and shift body weight over the right leg, squatting to a 90 degree angle. Keep the chest lifted and brace your core. Push through the side of the foot to land with feet together. Perform on the left side, with the same form. After completion on the left site, perform a tuck jump by pushing off the balls of the feet and tucking the knees in. Modification: Straight Jump/No Jump
Push Up	Begin with hands shoulder distance apart in plank position with a long, flat back. Brace the core and glutes while you bring chest to elbow height. Push through the palms and return to plank position. Modification: Hold Plank or Push Up on Knees

CORE MOVES (IN BETWEEN EACH ROUND)

Exercise	Description
Mountain Climbers	Start with feet together, jump feet out wide as arms reach overhead. Jump the feet back in together and bring the hands to the side Modification: Hold Plank
Sit Up to Russian Twist (R + L)	Lie on back with knee bent and feet anchored. Tuck chin in cross the hands over the shoulders. Exhale as you lift upper body up towards the thighs. Sitting up tall, perform a twist on each side by bringing the hands to each side of the body, inhale as you slowly lower back down toward the ground Modification: Crunches
Rope Climbs	With legs parallel to the ground, lift the shoulder blades off the ground and perform a rope climbing motion with the upper body Modification: Perform with feet on ground
Bridge Pulses	Lie on back with hands to the side, knees bent, and feet flat on the ground. Raise hips to create a straight line from your knees to shoulders. Squeeze the core and glutes. After full extension, pulse at the top of the bridge. Modification: No pulse
V Up	Laying down with legs straight, touch the toes as the legs come up, then lower the legs as the torso fall back down. Modification: Legs straight at 90 degrees, touch toes

Stretch Total Time: 2 min

1) Childs Pose

2) Upward Facing Dog

3) Forward Fold

