



Royally Fit: Workout Challenge 15

Holy Moly – enough said

OK, you may not like doing plyometrics, but let's just say plyometrics love you. They incinerate the fat off your body, and create strong and lean muscles like no other. We've thrown them in lots of our workouts, but haven't done one like this that incorporates all plyo's. Let's do this!

What you will need:

- Yourself

Warm-Up

- 3 minutes of jumping jacks

Workout – 50/10

- **Jump squats** – You know the drill. Explosively jump as high as you can, but ensure you land low, soft and quietly so you're using your muscles to take the brunt of the jump – not your joints.
Modification: Fast and serious squat pulses.
- **Plank jack jumps** – In a high (on hands) or low (on elbows) plank position, keep your shoulders over top of your hands or elbows as you jump your feet out and in for an awesome cardio, shoulder and abdominal workout.
Modification: Instead of jumping, you can alternate walking your feet out into a jack, or you can come down to your knees and do the same thing. If walking it out, you can take your legs out a little further to increase the contraction through your abs.
- **Jumping lunges** – Come on ladies, let's jump into those lunges, landing low, soft and quietly so we're gentle on the knees. Ensure you keep your shoulders back, both knees bent 90 degrees, and your core in tight!
Modification: If jumping isn't your thing, or you simply need a break, you can alternate your legs into backwards lunges. To make it more intense, ensure you're going super deep with your back leg. Same cues with your upper body though, so watch your form!
- **Push-up and clap** – Let's work your chest, shoulders and cardio by doing a clap in between each push-up. Take your hands nice and wide to allow a deeper drop in each push-up, and your body forward to ensure you're working the right muscles. You can do this on your toes or knees, just make sure you're not popping back too far when you clap, because I don't want you using momentum. This is fun, so let's work hard while we're doing it.

**Do each of these exercises for 50 seconds on and 10 seconds off for a total of 4 sets.

Cool Down/Stretching

- Complete 5-10 minutes of nice gentle stretching.

Get sweaty and feel sexy!
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