



## Royally Fit: Mix & Match Ugi Ball Workout

### Mix & Match Ugi Ball Workout

I must apologize first by saying I was out of it for this workout, so I screw up on my cues a couple times. Nonetheless, it's still an awesome workout and I think you guys will enjoy the mix and match to switch it up a bit. Today, I only need 25 minutes of your time. Let's do this!

#### What you will need:

- Ugi ball, kettlebell or dumbbell

#### Warm-Up

- 1 minute and 20 seconds of simulated jump rope

#### Workout – 60/20

- **Burpee with forward and backwards jumps** – Let's get that cardio going with some burpees! Complete one burpee followed by a forward and backward jump, landing nice and low on every single jump here...there's lots of them!  
*Modification:* If you need to modify the jumps, you can simply walk your body in and out of burpees, and then do a forward and backward squat walk when you get up.
- **Lateral jumps + push-ups** – Using my mat as a reference point, I jumped from side to side 10 times balancing myself on one foot to challenge my balance, stability muscles and core. I followed this with ten push-ups as quick as I could with good form, before coming back up for some more jumps!  
*Modification:* You can always do those push-ups on your knees, but only if you absolutely need to friends!
- **Alternating forward lunges with Ugi balls twists** – Alternate forward lunges while twisting the Ugi ball or weight over your front leg. Make sure you don't lean forward, and you bend deeply into your back leg. Exhale when you twist, to really pull those abs in!  
*Modification without a weight:* Make "Charlie Angel" arms by interlocking your fingers and locking your elbows. Lift and twist this over your front leg!
- **Supine weight lift** – Keeping your head on the ground and your lower back flush with the mat as much as you can, lift your arms up at the same time as your feet and bring them directly over the body to contract those abs....all while keeping your lower back and head on the ground!! Very important!  
*Modification:* If you don't have a weight in your hands, you could always increase the intensity by doing a full 'v-up', bringing your hands and feet together while balancing on your bum instead of lying on your back.
- **Full sit-ups + mason twists** – Once again, with the ball in your hands, do a full sit up and then hit the ball off the ground (don't do this if you have weights) 6 times, followed by 6 mason twists side to side while leaning back.

\*\*Do these 5 exercises 3 times through without a break!

Get sweaxy!  
ashley dale grant



## Royally Fit: Mix & Match Ugi Ball Workout

### **Cool Down/Stretching**

- Complete 5-10 minutes of nice gentle stretching.