



Royally Fit: Slide On Down

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Going down is always better than going up right? In this workout we'll be starting with a high number of reps for 1 move then decreasing the reps as we change moves. As I'm sure you can imagine it starts with more cardio and ends with more strength. It's only 21 minutes or so of work ladies. Let's do this. As a note: I learned my lesson on when you film these! It's hilarious how quickly the sun goes down!

What you will need:

- Just yo' sexy self and a matt, Ugi or pillow if you want

Warm-Up:

- 3 mins of cardio warm up – 1 min of jump rope, 1 minute of the football dance (high knees with crunch), 1 minute of squat with arm circles, change direction half way.

Workout: The reps are listed below next to the exercise. Go through the 6 exercises in order 2 times.

- **60 reps – Skull Crushers Right Side** – With your right leg forward hold a matt rolled up length ways in your hands and have your left leg extended back. Bring your left knee up and your arms down and smash the matt, ugi, pillow etc against your left knee as hard as you can. This will work your abs. Do these as fast as you can. Repeat on the other side. If you don't have a matt then be sure to bring your arms down with force ad purpose.
- **50 reps – Toe Pushes** – Start in low plank with your toes on the ground. Push your body forward with your toes so your shoulders come over your hands. Bring your body back to the start position. This is one rep. You can also do this from high plank (little less intense in the abs) or if you have an Ugi ball use that if you want a more intense ab workout from low plank.
Modification: Shoulder problems or weak back? Easy fix. Lay on your back with your legs up and bent 90 degrees. MAKE SURE YOUR BACK IS FLAT TO THE FLOOR. You can check this by trying to put your hands under your back. If this enough for you, awesome. If you want to take it up a notch try dropping one hand at a time behind your head or touch one toe to the floor keeping your knees bent still, you don't want to straighten them. The KEY with this is to make sure that back stays flat, if it pops up then just hold the position until we change in the video.
- **40 – Back Lunge Twists Right Side** – With your right leg forward step back into a back lunge and twist over your right leg. Pushing down through your right heel come up to standing lifting your left leg up and twisting over that leg. This will work your abs. If you need to touch your toe down when you stand for balance that is fine. Repeat on the other side.
- **30 – Rocking Horse Abs** – Laying on your back bring your hands and legs up in the air. Rock your hips up to start the momentum then control the rocking with your abs. You don't want to "pop" your hips up to the sky as you'll be using your hip flexors. Allow your legs to bring your upper body up and contract your abs here to make sure you're not coming up too high.
NOTE: You can have your hands up in the air or behind your head. I ended up putting one on my chest and one behind my head (I was feeling strangely claustrophobic with both hands up). This shouldn't bother your back, however if it does do crunches with one leg flat down and one bent.
- **20 reps – Push-Ups** – With your hands nice and wide bring your chest down between your hands. Make sure you're not bringing your neck or head between your hands. While down in your push-up make sure your arms are in a perfect 90 degree angle with your thumb and forefinger firmly pressed to the ground. You can do this from your knees or your toes.
- **10 reps – Burpees** – yes ladies, let's do this. Jump up, bring your hands down to your feet and jump or walk your legs out into plank. Jump or walk your legs back to your hands then jump up into the air again. Again if you have an Ugi ball and want to use it here, go for it!

Cool Down/Stretching

- Complete 5-10 minutes of nice gentle stretching.

High Fives For Sweaxy Time!
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