



Royally Fit: Slide It To Me

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Oh man I haven't done slider in a long time and I was burning for days – the good burn! Slider targets all those small muscles. It's also important to make sure that you push hard away and pull with resistance back. Create that intensity yourself! It will only take 18 minutes today. Let's slide!

What you will need:

- Just your sexy self + socks or paper plates to slide with + 1 heavy weight or Ugi

Warm-Up:

- 1 min sliding salt and pepper + 1 min slide angle step outs with arm raises + 1 min squat with side stretch

Workout: 40 secs work/10 secs break, 3 times through

Set 1

- **4 Point Lunges - Right** – Start holding the weight at your chest with your feet under your hips and knees slightly bent. Hinge forward through your hips slightly. Slide your right foot out to the side then back to the middle, slide it back on an angle to the right and back. Slide straight back then back to the middle. Lastly slide over on a wide angle to the left (in a skater or curtsy style) then back. Repeat in any order you want.
No Sliding. You will be taping your foot back to each of the 4 points.
- **4 Point Lunges - Left** – Same as above on left side
- **Sliding Burpees** – Yes I know I've had a fixation on them this month BUT these are so different from jumping burpees. You are going to be sliding back and forward instead (unless you aren't sliding, then you're jumping!). You can place your hands on your ball or on the floor to do these. You may need to slide one foot out at a time to get in to plank and that's no problem, just try to switch which leg you slide out first with.

Set 2

- **Sliding Pendulum Swings with Climber- Right** – Get in to side plank on the ball (or floor) with your elbow right under your shoulder. You can do this from your knees or toes, just make sure they are in line with your hips and shoulders. Slide your right foot forward until it's about 45 degrees then slide your knee in towards your chest in a side mountain climber motion. Make sure your hips and shoulders stay stacked and don't roll forward or back.
Not sliding. Tap out and up.
- **Sliding Pendulum Swings with Climber- Left** – Same on the other side
- **3 Point Slide-In's** – Get in to low plank on your ball or high plank off the ball. Slide your legs in towards your chest keeping your bum low. You can also slide your legs to one side then back and repeat on the other side. If you are sliding in one foot at a time slide the foot in that will be on the inside first – for example if you are sliding to the right then slide your left foot over first followed by your right and slide your left back first followed by your right.
Not sliding. Jump or walk it in and back.

Cool Down/Stretching

- Complete 5-10 minutes of nice gentle stretching.