



Royally Fit: 17 Minute Stacked Workout

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Haven't done one of these stacked workouts in a while!! Nicole introduced me to this style, and I truly love it. I'm always sore the next day, so it works.

What you will need:

- Ugi or exercise ball – but not necessary

Warm-Up:

- 3 minutes of jump rope

Workout: Complete the first two exercises to start, and then add one exercise in to each set.

- **Power chair hold** – Feet are stacked directly underneath your hips, knees are bent almost 90 degrees, abs are in tight, and keep your chest up while also trying keep your arms up above your head with your biceps besides your ears. If you can't keep your arms up, take your hands on your hips OR behind your back to help keep a straight back. Regardless of which one you choose, make sure your shoulder blades stay together here!
- **Jump lunges** – Separate your legs 3-4 feet apart, and bend your knees nice and deep while you jump switch your legs in to the opposite lunge. Land soft, light, and sink in to it!
Modification: Walking alternating lunges (could even use weights if you want to make it more intense)
- **Plank walk** – In a low plank position with your abs in nice and tight, 'walk' yourself up into a high plank by moving up to your hands. Come back down to your elbows without dropping your hips, and repeat.
Modification: Keep your knees down if you need some arm and/or back support.
- **Hamstring curls with ball** – Lying on your back with your feet up on the ball, lift your hips as high in the air as you can and stay here while you drive your feet in towards your bum and then back out again. Do this while keeping your hips as high as you can. Don't let them drop!
- **Pendulum Swing** – In a downward facing dog position (bum up nice and high) start with your feet together, and then from here 'swing' them back and forth out to the side like a pendulum.
Modification: Instead of jumping your feet out, you can walk them out ;)

Cool Down/Stretching

- Complete 5-10 minutes of nice gentle stretching.

Make today badass!
Ashley Dale Grant