



Royally Fit: Stack Up

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Oh man was I a sweat-mess with this bad boy. I didn't have as much strength energy as I would have liked in this one, but hey, I'm human too right! This guy is 31 minutes and it's a hunk of burning love!

What you will need:

- Just yo' sexy self + Ugi Ball or 1 heavy weight

Warm-Up:

- Hip Openers + Forward Back and Side To Side Leg Swings + Shoulder Openers + Squat with Arm Circles + Jump Rope

Workout: 50/10 You will complete all 7 moves starting with the first one. Once you finish the first move repeat it then add on the second move. Start again then tacking on the third move and so one. It will look like this: 1, 1, 2, 1, 2, 3, 1, 2, 3, 4 etc

- **Front Lunge with Twist**— Lunge forward with your right leg and as you get into the lunge twist over that front right leg really contracting your abs here. Pop back up to the starting position and repeat on the other side. If front lunges aren't for you then do a back lunge
Modification: If front lunges aren't for you then do a back lunge. If lunges aren't your jam then do a side squat with a twist.
- **Rainbow Tuck Planks**—Get into plank with your hands on the ball (this is not mandatory) and with your right leg raise it up and arch it around like a rainbow and then tuck it in to your side. Bring it back to the starting position and then repeat on the other side.
Modification: You can do this from your knees as well. Try and stay in high plank (on your hands) the whole time. You can also sit in V-Sit and raise your arms up over your head reaching forward and towards the sky and then wide out to the side.
- **Squat Swing Jumps** – Take your legs hip distance apart and then swing the weight forward and jump forward at the same time. Land soft and low in your legs and also don't let the weight pull your body forward towards the ground. Stay strong through your back.
Modification: Drop the weights and swing your arms instead. You can also eliminate the jump and step forward.
- **Off Balance Push-Ups**— Get on to your knees with one hand on the ground and one hand in the centre of the ball. Drop your chest down between your hands making sure the side of your body slides against the ball. As you push yourself up pop over to the other side. Alternate each rep.
Modification: If you can't push up then you are welcome to grab the weight and get into a supine position. Keep your back tight to the ground and then press it up for a chest press. I want those arms working!
- **High Knee Drives** – Bring your arms up over your head and grasp your hands together. March one knee high contracting through your core. As you contract and raise your leg, drive your arm down over that leg towards your hip for a core burn. Bring your leg down and arms back up and then alternate to the other side.
- **Burpee with Leg Extension and Tuck** – Start your burpee off as you normally would. Jump or walk your legs in to plank, then once in plank extend your right leg up squeezing through your bum then drive that same leg in towards your chest. Once you have finished the tuck then jump it back in to finish your burpee. Repeat this move with the alternate leg.
- **Dead Bug Leg Drops** – Grab the weight and hold it up over your chest. Raise your legs straight into the air and slowly drop one leg towards the ground then contract through your core to bring it back up to the starting position. Repeat on the other side. It's not about how low you can get your leg here, it's about how slow you can go and keeping your back flat on the ground.
Modification: Keep your feet flat on the floor and extend one leg forward and back from there.

Cool Down/Stretching

- Complete 5-10 minutes of nice gentle stretching.

High Fives For Sweaxy Times!
Nicole