

A Home Workout For Beginners

www.theundergroundbootcamp.com

[@TheLadyTrainer](https://www.instagram.com/TheLadyTrainer)



High Knees Jogging

Jog in place, at full speed, for 1 minute.

You may either swing your arms or hold a weighted medicine ball overhead to engage your abs, shoulders and arms.

Make sure you stay on the balls of your feet and your knees come up high enough to touch your chest.



Mountain Climbers On The Ball

Sets: 3

Reps: 10 in each set

Rest In Between Sets: 5 seconds



Plank On The Ball

Hold the plank position for 30 seconds.

Take a 5 second break and repeat the plank for another 30 seconds.

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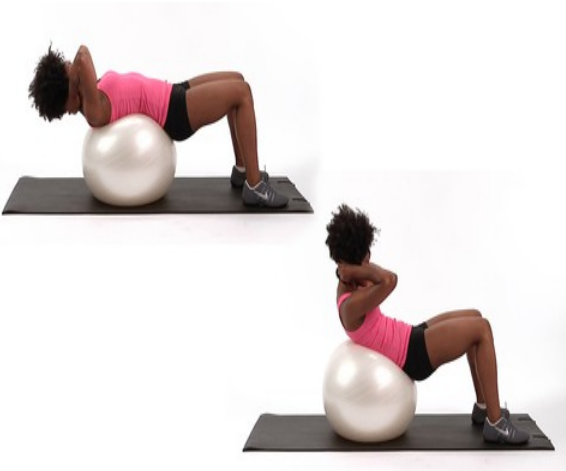


Bridge On The Ball

Sets: 3

Reps: 10 in each set, with a 10 second hold and squeeze in the up position. You can do this exercise multiple times a day to relieve lower back stress

Rest In Between Sets: 5 seconds



Crunches On The Ball

Sets: 3

Reps: 20 in each set

Rest In Between Sets: 10 seconds



Russian Twist On The Ball

This is a 3 step exercise.

Keep your head up and your toes parallel with your knees.

Sets: 3

Reps: 10 in each set

Rest In Between Sets: 5 seconds



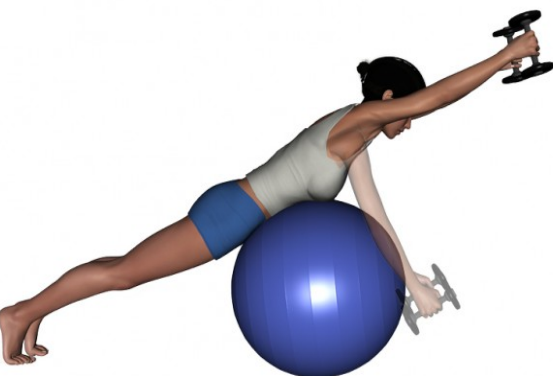
Back Extension On The Ball (Superman)

This extension exercise can be performed several times a day to help ease lower back tension.

Sets: 3

Reps: 15 in each set with a 3 second hold in the up position

Rest In Between Sets: 10 seconds



Front Raises On The Ball

Sets: 3 (each arm, for a total of 30 raises per arm)

Reps: 10 in each set

Rest In Between Sets: 10 seconds



Triceps Exercises On The Ball

This is a 3-step exercise. Start with your arms extended out and work in a circle.

Sets: 3

Reps: 10 in each set

Rest In Between Sets: 10 seconds

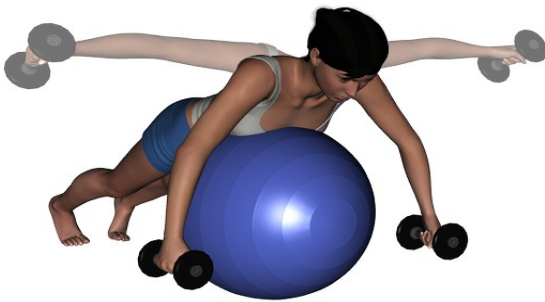


Chest Press On The Ball

Sets: 3 (each arm, for a total of 30 raises per arm)

Reps: 10 in each set

Rest In Between Sets: 10 seconds

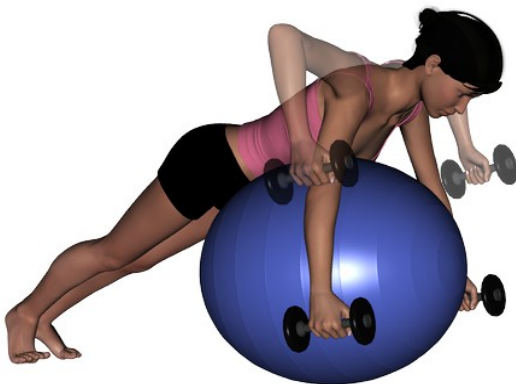


The Fly On The Ball

Sets: 3

Reps: 10 in each set

Rest In Between Sets: 10 seconds



Row On The Ball

Sets: 3

Reps: 10 in each set

Rest In Between Sets: 10 seconds