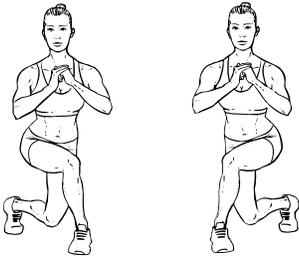


Christmas Cracker

13 min · Abs, Back, Legs

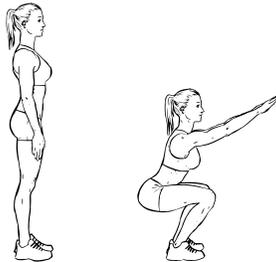
A little workout to keep you going over the festive period or get you moving in the New Year. Join my Facebook group for more workouts and support - Revitalize Fitness, lifestyle support for busy women. You can also get in touch through my website www.revitalizefitness.co.uk

Alternating Curtsy Lunge



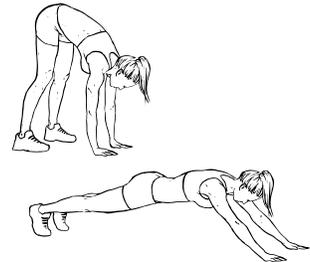
2 sets 60 secs

Air Squats



2 sets 60 secs

Inchworms



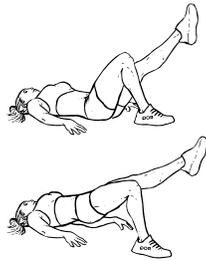
2 sets 60 secs

Seated Punches



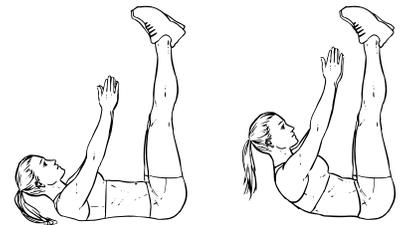
2 sets 60 secs

Single Leg Glute Bridges



2 sets 60 secs

Toe Reaches



2 sets 60 secs



Alternating Curtsy Lunge

Primary muscle group(s):

Hamstrings, Quadriceps

Secondary:

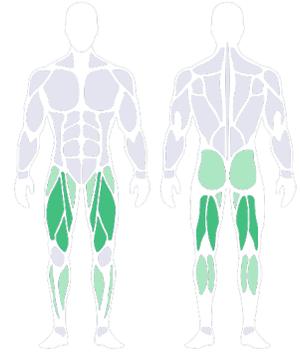
Calves, Glutes & Hip Flexors

Standing with a braced core and flat back, bring your hands together at chest height.

Position your feet to be at hip-width.

Beginning with the right foot, step backward and across your left foot. Simultaneously, bend the left knee and drop it towards the ground.

Stop when the front right knee is parallel with the ground. Push off the ground with your right foot and return to the starting position.



Air Squats

Primary muscle group(s):

Hamstrings, Quadriceps

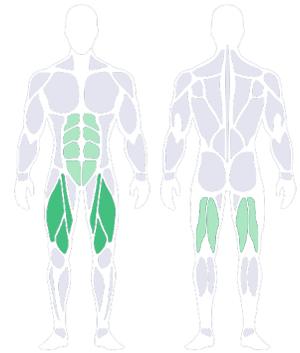
Secondary:

Abs, Hamstrings

Place your feet at shoulder width apart while keeping your chest up and your abdominals braced.

Begin the movement by swinging your arms up towards your shoulders. At the same time, bend at the knees and drive your hips back like you're sitting in a chair.

Once your upper thighs are parallel with the ground, pause, then drive your hips forward to return to the starting position.



Inchworms / Walkouts

Primary muscle group(s):

Abs, Glutes & Hip Flexors, Lower Back

Secondary:

Biceps, Calves, Chest, Forearms, Shoulders

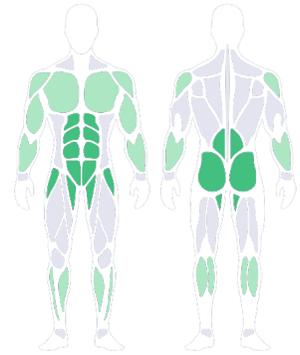
Stand tall with your legs extended straight.

Bend over from the hips and touch the floor with your palms flat on the floor.

Keep your legs straight as you walk your hands as far forward as you can. Don't let your hips sag.

Take small steps and walk your feet to your hands.

Continue for the desired amount of repetitions and then straighten up to the starting position.



Seated Punches

Primary muscle group(s):

Abs, Obliques

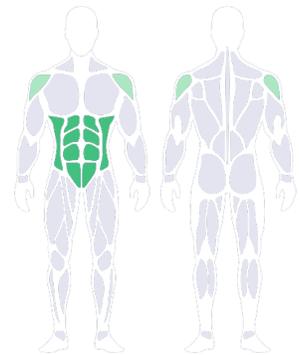
Secondary:

Shoulders

Sit comfortably with your feet grounded, knees bent, and body upright.

Slowly lower your upper body backwards just enough to feel a strain on your abs.

From here throw a desired amount of left and right eye-level punches.



Single Leg Glute Bridge / Hip Extension with Leg Lift

Primary muscle group(s):

Glutes & Hip Flexors

Secondary:

Abs, Hamstrings, Quadriceps

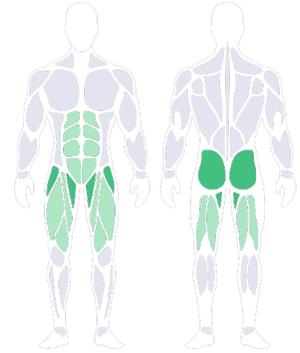
Lie on an exercise mat with your knees bent so that your feet are flat on the floor.

Raise one leg off the floor and bend your knee up towards your chest. This is the start position.

Perform the exercise by pushing down through your other heel and pushing your hips up, raising your glutes off the mat. Continue until your hips are in a straight line with your torso. Hold for a count of one.

Return to the start position by lowering your hip to the floor.

Complete all the repetitions for one set before changing legs.



Toe Reaches / Crunches

Primary muscle group(s):

Abs

Lay on a yoga/exercise mat or towel with your back flat on the floor and your legs straight and in the air with the soles of your feet facing up.

Outstretch your arms above your chest so that they run parallel to your legs.

Lifting your shoulders off the floor, reach up and touch your toes with your fingertips.

Lower your shoulders back to the floor to complete one rep.

