



**BODYWEIGHT  
WORKOUTS**

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## **BODYWEIGHT & TRAVEL WORKOUTS**

WE KNOW THAT SOMETIMES - EVEN STREET PARKERS FIND THEMSELVES IN SITUATIONS WHERE THERE IS NOT EVEN A PAIR OF DUMBBELLS IN SIGHT. WHETHER YOU ARE TRAVELING, NEED A WORKOUT IDEA TO DO AT THE PARK DURING YOUR KIDS SOCCER GAME, IN YOUR HALLWAY DURING NAPTIME, OR IN YOUR OFFICE TO RELIEVE STRESS (DON'T WORRY WE WON'T TELL YOUR BOSS) - WE'VE GOT YOU COVERED.

OVER THE YEARS WE HAVE PROGRAMMED HUNDREDS OF WORKOUTS THAT REQUIRE NO EQUIPMENT AT ALL! MANY OF THE SHIFT WORKOUTS ARE WRITTEN WITH NO NEED FOR ANYTHING BUT YOUR BODY, AND QUITE A BIT YOU WILL FIND THE SAME TO BE TRUE WITH PROGRAM A.

WE HAVE PUT TOGETHER THIS PDF OF 50 OPTIONS FOR YOU TO BE ABLE TO RELY UPON WHEN THE SITUATION ARISES.

PLEASE KEEP IN MIND THAT THIS SERIES IS NOT NECESSARILY MEANT TO BE DONE AS ITS OWN PROGRAM OR IN THIS SPECIFIC ORDER. THERE WERE WORKOUTS BETWEEN THESE IN THE REGULAR PROGRAMMING WITH MORE VARIANCE IN MOVEMENTS ETC. IF YOU CHOOSE TO FOLLOW IT EXACTLY - WE HAVE DONE OUR BEST TO NOT PUT THE SAME MOVEMENTS IN 2 DAYS IN A ROW, BUT PAY ATTENTION TO HOW YOU ARE FEELING AND YOUR LEVEL OF SORENESS.

THE GOOD NEWS?

ALL OF THESE CAN BE LOGGED IN WODIFY TO HELP YOU EARN THE 75/365/1000 GEAR! YOU WILL SEE THE ORIGINAL DATE LISTED UNDER EACH WORKOUT WRITE UP. YOU WILL SIMPLY JUST NEED TO GO TO THAT DATE - AND THE LISTED PROGRAM VERSION (SHIFT OR PROGRAM A) AND LOG YOUR SCORE!

PLEASE SEE THE NOTES LISTED AT THE END OF THIS DOCUMENT FOR A FEW MORE INSTRUCTIONS AND COMMON SUBS ETC. ALSO - CHECK THE DATES LISTED ON WODIFY AND MEMBERS ONLY TO VIEW FULL WRITTEN DESCRIPTIONS AND VIDEO DEMOS IF YOU HAVE ANY QUESTION ABOUT THE MOVEMENTS THEMSELVES!

NO EXCUSES! REMEMBER #MORETHANNOTHING IS WHAT WE ARE AFTER. USE THIS AS A TOOL TO HELP YOU BUILD THAT CONSISTENCY!

<p><b>15 MIN AMRAP (AS MANY ROUNDS AND REPS AS POSSIBLE IN 15 MIN)</b></p> <p><b>10 LEG LIFTS 10 PUSH UPS 10 ALTERNATING STEP UPS OR LUNGES</b></p> <p>OG SHIFT: 01/12/18</p>	<p><b>100 BURPEE JUMP OVERS</b></p> <p><b>1 MIN ON / 1 MIN OFF</b></p> <p><b>DO AS MANY AS YOU CAN IN ONE MIN - REST 1 MIN UNTIL YOU REACH 100 REPS</b></p> <p><b>SCALE DOWN TO:</b></p> <p><b>100 BURPEES WITH NO JUMP OVER</b></p> <p>OG PROG A: 03/12/18</p>	<p><b>10 MIN AMRAP (AS MANY ROUNDS AND REPS AS POSSIBLE IN 10 MIN)</b></p> <p><b>20 ALT STEP UPS 20 AIR SQUATS</b></p> <p>OG SHIFT: 02/23/18</p>	<p><b>12 MIN AMRAP (AS MANY ROUNDS AND REPS AS POSSIBLE IN 12 MIN)</b></p> <p><b>20 ALTERNATING LUNGES 20 SIT UPS</b></p> <p>OG SHIFT: 07/06/18</p>	<p><b>15 MIN AMRAP (AS MANY ROUNDS AND REPS AS POSSIBLE IN 15 MIN)</b></p> <p><b>8 PUSH UP + TAP + TAP 20 HOP/SKIP OVERS</b></p> <p>OG SHIFT: 07/30/18</p>
<p><b>10 ROUNDS</b></p> <p><b>3 INCHWORMS 10 ALTERNATING STEP-UPS</b></p> <p>OG SHIFT: 06/27/18</p>	<p><b>12 MIN AMRAP (AS MANY ROUNDS AND REPS AS POSSIBLE IN 12 MIN)</b></p> <p><b>5 BURPEES 10 JUMPING SQUATS OR AIR SQUATS</b></p> <p>OG SHIFT: 01/28/19</p>	<p><b>12 MIN EMOM (EVERY MIN ON THE MIN FOR 12 MIN)</b></p> <p><b>20 MTN CLIMBERS 8 PUSH UPS</b></p> <p><b>SCALED:</b></p> <p><b>12 MTN CLIMBERS 6 PUSH UPS</b></p> <p>OG SHIFT: 12/21/18</p>	<p><b>12 MIN AMRAP (AS MANY ROUNDS AND REPS AS POSSIBLE IN 12 MIN)</b></p> <p><b>10 AIR SQUATS 10 JUMP OVERS</b></p> <p><b>**JUMP OVERS ARE FACING AND HIGHER</b></p> <p>OG SHIFT: 01/22/19</p>	<p><b>7 ROUNDS</b></p> <p><b>7 SINGLE LEG TOE TOUCH RIGHT 7 SINGLE LEG TOE TOUCH LEFT 7 CHAIR OR BOX DIPS</b></p> <p><b>REST 30 SECONDS AFTER EACH ROUND</b></p> <p><b>SCALE UP: GO UP TO 12 REPS OF EACH PER ROUND</b></p> <p>OG SHIFT: 01/04/19</p>
<p><b>12 MIN AMRAP (AS MANY ROUNDS AND REPS AS POSSIBLE IN 12 MIN)</b></p> <p><b>10 AIR SQUATS 8 ALTERNATING LUNGES 6 PUSH UPS</b></p> <p>OG SHIFT: 11/19/18</p>	<p><b>12 MIN EMOM (EVERY MIN ON THE MIN FOR 12 MIN)</b></p> <p><b>6 BURPEES 12 ALTERNATING LUNGES</b></p> <p><b>SCALE DOWN TO:</b></p> <p><b>3 BURPEES 6 ALTERNATING LUNGES</b></p> <p>OG SHIFT: 11/23/18</p>	<p><b>15 MIN AMRAP (AS MANY ROUNDS AND REPS AS POSSIBLE IN 15 MIN)</b></p> <p><b>15 SIT UPS 10 UNWEIGHTED LUNG-ESTERS</b></p> <p>MODIFIED FROM OG SHIFT: 01/08/19</p>	<p><b>EMOM 15 MIN (EVERY MIN ON THE MIN FOR 15 MIN)</b></p> <p><b>1 WALL WALK (OR 2 INCHWORMS) 12 ALT STEP UPS</b></p> <p><b>SCALE UP: 2 WALL WALKS 16-18 ALT STEP UPS</b></p> <p>OG SHIFT: 11/28/18</p>	<p><b>4 ROUNDS</b></p> <p><b>25 BURPEES 50 AIR SQUATS</b></p> <p><b>REST 1 MIN BETWEEN ROUNDS</b></p> <p><b>SCALE DOWN TO:</b></p> <p><b>4 ROUNDS 15 BURPEES 30 AIR SQUATS</b></p> <p><b>REST 1 MIN BETWEEN ROUNDS</b></p> <p>OG PROG A: 12/25/18</p>

<p><b>100 HOP OVERS</b>  <b>50 ALTERNATING LUNGES</b>  <b>50 V-UPS</b>  <b>50 ALTERNATING LUNGES</b>  <b>100 HOP OVERS</b></p> <p>OG PROG A: 4/11/19</p>	<p><b>3 ROUNDS</b></p> <p><b>PERFORM 1 ROUND EVERY 5 MIN</b></p> <p><b>RUN 400 METERS</b>  <b>3 WALL WALKS (6 INCHWORMS)</b>  <b>MAX REPS PUSH UPS</b></p> <p><b>IF YOU GET TO 50 PUSH UPS IN ANY ROUND - REST UNTIL THE NEXT 5 MIN WINDOW STARTS</b></p> <p>OG PROG A: 03/07/19</p>	<p><b>15 MIN AMRAP (AS MANY ROUNDS AND REPS AS POSSIBLE IN 15 MIN)</b></p> <p><b>10 ALT STEP UPS OR LUNGES</b>  <b>5 BURPEES</b></p> <p>OG SHIFT: 01/11/19</p>	<p><b>20 MIN AMRAP (AS MANY ROUNDS AND REPS AS POSSIBLE IN 20 MIN)</b></p> <p><b>400 METER RUN</b>  <b>20 PLANK UP AND OVERS</b>  <b>15 JUMP OVERS</b></p> <p>OG PROG A: 07/25/19</p>	<p><b>10 ROUNDS</b></p> <p><b>5 V-UPS</b>  <b>10 PUSH UPS</b>  <b>20 HOP OVERS</b></p> <p>OG PROG A: 03/13/19</p>
<p><b>35 BURPEES</b>  <b>50 ALTERNATING V-UP</b>  <b>35 BURPEE</b></p> <p><b>(WAS ORIGINALLY WRITTEN WITH WEIGHTED SIT UPS)</b></p> <p>OG PROG A: 05/03/19</p>	<p><b>4 ROUNDS</b></p> <p><b>RUN 400 METERS</b>  <b>25 UNWEIGHTED LUNGESTERS</b></p> <p><b>(ORIGINALLY WRITTEN WITH 50 AIR SQUATS)</b></p> <p>OG PROG A: 7/20/19</p>	<p><b>15 MIN AMRAP (AS MANY ROUNDS AND REPS AS POSSIBLE IN 15 MIN)</b></p> <p><b>7 LYING LEG RAISE</b>  <b>14 ALTERNATING STEP UPS</b>  <b>21 DOUBLE UNDERS / HOP OVERS</b></p> <p>OG SHIFT: 08/27/19</p>	<p><b>5 ROUNDS</b></p> <p><b>40 ALTERNATING LUNGES</b>  <b>RUN 200 METERS</b>  <b>20 PUSH UPS</b>  <b>RUN 200 METERS</b></p> <p>OG PROG A: 06/08/19</p>	<p><b>3 ROUNDS</b></p> <p><b>50 STEP UPS</b>  <b>5 WALL WALKS (10 INCHWORMS)</b>  <b>20 BURPEES</b></p> <p>ADAPTED FROM PROG A: 05/24/19</p>
<p><b>6 ROUNDS</b></p> <p><b>1 MIN TAPS / HOP OVERS / JOG / DOUBLE UNDERS</b>  <b>15 AIR SQUATS</b>  <b>12 SUPINE LEG LIFTS</b>  <b>10 PUSH UPS</b></p> <p><b>SCALE UP TO:</b></p> <p><b>10 ROUNDS</b></p> <p>OG SHIFT: 06/12/19</p>	<p><b>10 ROUNDS</b></p> <p><b>6 PUSH UP + TAP + TAP</b>  <b>12 AIR SQUATS</b></p> <p><b>SCALE UP TO:</b></p> <p><b>10 ROUNDS</b></p> <p><b>10 PUSH UP + TAP + TAP</b>  <b>20 AIR SQUATS</b></p> <p>OG SHIFT: 08/28/19</p>	<p><b>12 MIN AMRAP (AS MANY ROUNDS AND REPS AS POSSIBLE IN 12 MIN)</b></p> <p><b>20 HOP OVERS</b>  <b>10 SIT UPS</b>  <b>20 HOP OVERS</b>  <b>10 ALTERNATING LUNGES OR STEP UPS</b></p> <p>OG SHIFT: 06/18/19</p>	<p><b>4 ROUNDS</b></p> <p><b>12 BURPEES</b>  <b>12 UNWEIGHTED LUNGESTERS</b></p> <p><b>1 MINUTE REST BETWEEN ROUNDS</b></p> <p><b>SCALE UP TO:</b></p> <p><b>20 BURPEES</b>  <b>20 UNWEIGHTED LUNGESTERS</b></p> <p>OG SHIFT: 06/27/19</p>	<p><b>12 MIN AMRAP (AS MANY ROUNDS AND REPS AS POSSIBLE IN 12 MIN)</b></p> <p><b>10 ALTERNATING STEP UPS</b>  <b>10 HALF V-UPS</b></p> <p><b>HALF V-UP= ONE HAND TO OPPOSITE TOE - ALTERNATING</b></p> <p>OG SHIFT: 07/05/19</p>

<p><b>8 ROUNDS</b></p> <p><b>1 MIN MOUNTAIN CLIMBERS</b> <b>1 MIN ALTERNATING LUNGES</b> <b>1 MIN REST</b></p> <p>ADAPTED FROM SHIFT: 07/17/19</p>	<p><b>14 MIN AMRAP</b> <b>(AS MANY ROUNDS AND REPS AS POSSIBLE IN 14 MIN)</b></p> <p><b>10 AIR SQUATS</b> <b>10 SIT UPS</b> <b>20 MOUNTAIN CLIMBERS</b> <b>10 JUMP OVERS</b></p> <p><b>SCALE UP TO:</b></p> <p><b>15 AIR SQUATS</b> <b>15 SIT UPS</b> <b>30 MOUNTAIN CLIMBERS</b> <b>10 HIGHER JUMP OVERS</b></p> <p>OG SHIFT: 08/21/19</p>	<p><b>15 MIN AMRAP</b> <b>(AS MANY ROUNDS AND REPS AS POSSIBLE IN 15 MIN)</b></p> <p><b>1 MIN JOG, TAPS, SINGLE OR DOUBLE UNDERS</b> <b>20 ALTERNATING PLANK SHOULDER TAPS</b> <b>15 ALTERNATING STEP UPS OR LUNGES</b></p> <p>OG SHIFT: 07/25/19</p>	<p><b>10 MIN AMRAP</b> <b>(AS MANY ROUNDS AND REPS AS POSSIBLE IN 10 MIN)</b></p> <p><b>5 SINGLE LEG TOE TOUCHES LEFT</b> <b>5 SINGLE LEG TOE TOUCHES RIGHT</b> <b>15 MOUNTAIN CLIMBERS</b></p> <p><b>SINGLE LEG TOE TOUCH = SAME MOTION AS A SINGLE LEG DEADLIFT WITH NO WEIGHT.</b></p> <p>OG SHIFT: 08/29/19</p>	<p><b>10 MIN AMRAP</b> <b>(AS MANY ROUNDS AND REPS AS POSSIBLE IN 10 MIN)</b></p> <p><b>20 HOP OVERS / DOUBLE UNDERS</b> <b>10 PUSH UPS</b></p> <p>OG PROGRAM A: 09/03/19</p>
<p><b>20 MIN AMRAP</b> <b>(AS MANY ROUNDS AND REPS AS POSSIBLE IN 20 MIN)</b></p> <p><b>9 BURPEES</b> <b>12 LUNGES OR STEP UPS</b> <b>15 JUMP OVERS</b></p> <p>OG PROGRAM A: 09/06/19</p>	<p><b>6 ROUNDS</b></p> <p><b>1 MIN JOG, TAPS, SINGLE OR DOUBLE UNDERS</b> <b>20 AIR SQUATS</b></p> <p><b>SCALE UP TO:</b></p> <p><b>6 ROUNDS</b> <b>400 METER RUN</b> <b>30 AIR SQUATS</b></p> <p>OG SHIFT: 09/24/19</p>	<p><b>12 MIN AMRAP</b> <b>(AS MANY ROUNDS AND REPS AS POSSIBLE IN 12 MIN)</b></p> <p><b>2 INCHWORMS</b> <b>8 SIT UPS</b> <b>16 ALTERNATING LUNGES</b></p> <p>OG SHIFT: 09/26/19</p>	<p><b>10 MIN AMRAP</b></p> <p><b>BURPEE STEP UPS</b></p> <p><b>CAN MODIFY TO BURPEE + LUNGE + LUNGE</b></p> <p>OG SHIFT: 10/10/19</p>	<p><b>3 ROUNDS</b></p> <p><b>1 MIN JOG, TAPS, DOUBLE OR SINGLE UNDERS</b> <b>20 AIR SQUATS</b></p> <p><b>REST 1 MIN AFTER 3 ROUNDS</b></p> <p><b>3 ROUNDS</b></p> <p><b>1 MIN JOG, TAPS, DOUBLE OR SINGLE UNDERS</b> <b>15 AIR SQUATS</b></p> <p><b>REST 1 MIN AFTER 3 ROUNDS</b></p>
<p><b>4 ROUNDS</b></p> <p><b>60 DOUBLE UNDERS OR HOP OVERS</b> <b>30 ALTERNATING LUNGES</b> <b>4 WALL WALKS</b></p> <p>OG PROG A: 11/06/19</p>	<p><b>12 MIN AMRAP</b> <b>(AS MANY ROUNDS AND REPS AS POSSIBLE IN 12 MIN)</b></p> <p><b>10 AIR SQUATS</b> <b>10 ALTERNATING V-UPS</b> <b>10 LATERAL JUMP OVERS</b></p> <p><b>SCALE UP TO:</b></p> <p><b>15 REPS OF EACH AND A HIGHER LATERAL JUMP OVER</b></p> <p>OG SHIFT: 12/03/19</p>	<p><b>40 PUSH UP + TAP + TAP RUN 800 METERS (4 MIN)</b> <b>30 PUSH UP + TAP + TAP RUN 600 METERS (3 MIN)</b> <b>20 PUSH UP + TAP + TAP RUN 400 METERS (2 MIN)</b> <b>10 PUSH UP + TAP RUN 200 METERS (1 MIN)</b></p> <p>OG PROG A: 12/12/19</p>	<p><b>10 UNWEIGHTED LUNGESTERS</b> <b>5 SIT UPS</b> <b>9 UNWEIGHTED LUNGESTERS</b> <b>5 SIT UPS</b> <b>8 UNWEIGHTED LUNGESTERS</b> <b>5 SIT UPS</b> <b>7 UNWEIGHTED LUNGESTERS</b> <b>5 SIT UPS...</b></p> <p><b>KEEP GOING UNTIL 1 UNWEIGHTED LUNGESTER</b> <b>5 SIT UPS</b></p> <p><b>SCALE UP TO:</b></p> <p><b>DOUBLE REPS OF BOTH</b></p> <p>OG SHIFT: 01/27/20</p>	<p><b>3 ROUNDS</b></p> <p><b>1 MIN JOG, TAPS, DOUBLE OR SINGLE UNDERS</b> <b>10 AIR SQUATS</b></p> <p><b>SCALE UP BY DOUBLING SQUAT NUMBERS IN EACH SECTION</b></p> <p>OG SHIFT: 11/28/19</p>

<p><b>12 MIN AMRAP (AS MANY ROUNDS AND REPS AS POSSIBLE IN 12 MIN)</b></p> <p><b>6 BURPEES 12 AIR SQUATS</b></p> <p>OG SHIFT: 12/25/19</p>	<p><b>3 ROUNDS</b></p> <p><b>30 PUSH UPS 30 ALTERNATING STEP UPS OR LUNGES 30 JUMP OVERS</b></p> <p>OG PROG A: 12/19/19</p>	<p><b>10 ROUNDS</b></p> <p><b>30 SECONDS JOG, TAPS 30 SECONDS STEP UPS OR LUNGES 30 SECONDS JUMP OVERS</b></p> <p>OG SHIFT: 02/28/20</p>	<p><b>5 ROUNDS</b></p> <p><b>1 MIN JOG, TAPS, DOUBLE OR SINGLE UNDERS 15 AIR SQUATS 4 INCHWORMS</b></p> <p><b>SCALE UP TO:</b></p> <p><b>30 AIR SQUATS 8 INCHWORMS</b></p> <p>OG SHIFT: 02/18/20</p>	<p><b>12 MIN AMRAP (AS MANY ROUNDS AND REPS AS POSSIBLE IN 12 MIN)</b></p> <p><b>1 PUSH UP + TAP + TAP 1 JUMP OVER 2 PUSH UP + TAP + TAP 2 JUMP OVERS 3 PUSH UP + TAP + TAP 3 JUMP OVERS...</b></p> <p><b>GET AS FAR AS POSSIBLE IN 12 MIN</b></p> <p>OG PROG A: 02/06/20</p>
<p><b>10 MIN AMRAP (AS MANY ROUNDS AND REPS AS POSSIBLE IN 10 MIN)</b></p> <p><b>12 SINGLE UNDERS OR HOP OVERS 6 AIR SQUATS</b></p> <p><b>SCALE UP TO:</b></p> <p><b>24 DOUBLE UNDERS OR HOP OVERS 12 AIR SQUATS</b></p> <p>OG SHIFT: 03/20/20</p>				

## **FAQS AND SUBS**

### **DETERMINING GOAL TIMES/ROUNDS:**

THESE WORKOUTS WILL HAVE GOAL TIMES/ROUNDS LISTED IN THEIR DESCRIPTIONS IN WODIFY AND ON MEMBERS ONLY. PLEASE KEEP IN MIND THOSE GOALS ARE GOING TO BE APPROPRIATE FOR THE PROGRAM VERSION WHERE THEY ARE LISTED. THE MOST IMPORTANT THING IS JUST TO GET AFTER IT TO THE BEST OF YOUR ABILITIES AND REMEMBER THAT'S ALL THAT REALLY MATTERS.

### **ISN'T SHIFT FOR BEGINNERS?**

SHIFT IS DESIGNED TO BE MORE SIMPLE - WHICH IN TURN WILL OFTEN CREATE HIGHER INTENSITY FOR THOSE WHO POSSESS A GOOD AMOUNT OF FITNESS. WE HAVE NOTED ON SEVERAL WORKOUTS THE WAYS TO INCREASE OR DECREASE DIFFICULTY. BUT DON'T BE SURPRISED WHEN SHIFT SMOKE CHECKS YOU - HARD.

### **LUNGES / STEP UPS:**

FOR MOST WORKOUTS THESE ARE PRETTY INTERCHANGEABLE.

IF YOU HAVE ISSUES WITH LUNGES, STEP UPS ARE A GREAT OPTION.

IF YOU DON'T HAVE SOMETHING TO STEP UP ON - LUNGES ARE A GREAT SUB.

### **STEP UP HEIGHT:**

FIND A HEIGHT THAT IS CHALLENGING BUT ALLOWS YOU TO STEP UP AND DOWN SAFELY.

USUALLY THIS IS 16-24".

### **JUMP OVERS:**

WHEN YOU SEE JUMP OVERS IT SIGNIFIES JUMPING OVER AN OBJECT FACING IT.

THIS IS TYPICALLY AN OBJECT THAT IS A SOMEWHAT CHALLENGING JUMP (DEPENDING ON YOUR COMFORT LEVEL).

HEIGHT IS USUALLY 12-24" BUT MAY BE LOWER OR HIGHER BASED ON YOUR ABILITY.

YOU MAY ALSO DO A SKIP OVER INSTEAD OF A 2 FOOT TAKE OFF.

THIS COULD ALSO BE SOMETHING AS LOW AS A BROOMSTICK.

### **HOP OVERS:**

WHEN YOU SEE HOP OVERS OR SKIP OVERS IT WILL BE A LATERAL JUMP OVER SOMETHING LOW LIKE A DUMBBELL, BROOMSTICK, OR CHALK LINE.

THIS IS A VERY COMMON SP SUB FOR JUMP ROPE MOVEMENTS.

**PUSH UP TAP + TAP:**

THIS MOVEMENT IS A PUSH UP, FOLLOWED BY TAPPING THE RIGHT SHOULDER WITH THE LEFT AND THEN THE LEFT SHOULDER WITH THE RIGHT HAND WHILE HOLDING THE PLANK POSITION.

THESE MAY BE DONE FROM THE TOES, KNEES, OR EVEN ELEVATED.

**BURPEES:**

ANY VARIATION OF BURPEE MAY BE USED.

CHOOSE ONE THAT IS RIGHT FOR YOU.

OPTIONS INCLUDE: REGULAR BURPEES, STEP IN AND OUT BURPEES, KNEE PUSH UP BURPEES, NO PUSH UP BURPEES, AND ELEVATED BURPEES

**SINGLE LEG TOE TOUCHES:**

THESE ARE THE SAME MOTION AS A SINGLE LEG DEADLIFT. YOU WILL STAND ON ONE FOOT AND HINGE AT THE HIPS BRINGING BOTH HANDS TO EITHER SIDE OF THE PLANTED FOOT. KEEP THE CHEST UP, BACK FLAT AND ALLOW A SLIGHT BEND IN THE KNEE.

**WALL WALKS:**

WALL WALKS AND INCHWORMS ARE INTERCHANGEABLE. USUALLY WITH THE INCHWORM NUMBER IT IS DOUBLE THE WALL WALK OPTION. EX: 3 WALL WALKS = 6 INCHWORMS

**LYING LEG RAISE:**

LYING LEG RAISES ARE LYING ON YOUR BACK ON THE GROUND WITH THE LEGS STRAIGHT. KEEPING THE LEGS STRAIGHT, OR ALLOWING A SLIGHT BEND IN THE KNEE - RAISE THE LEGS UP TO A PERPENDICULAR TO THE FLOOR (90 DEGREES) POSITION AND LOWER UNDER CONTROL. HANDS CAN BE OVERHEAD OR DOWN AT THE SIDES. WORK TO KEEP THE LOWER BACK ON THE GROUND THROUGHOUT.

**UNWEIGHTED LUNGESTER:**

AN UNWEIGHTED LUNGESTER IS A REVERSE LUNGE RIGHT + REVERSE LUNGE LEFT + AIR SQUAT.



**MEASURING RUN DISTANCE:**

**IF UNABLE TO MEASURE 200, 400, 800 ETC DISTANCES GO OFF OF THESE BASIC TIME FRAMES FOR EACH:**

200 METERS: 45 SECONDS TO 1:15

400 METERS: 1:30 TO 2:30

600 METERS: 2:30 - 4:00

800 METERS: 3:30 - 5:00

**ALTERNATING V-UPS:**

THE ALTERNATING V-UPS WILL BE LYING FLAT ON THE BACK WITH THE ARMS OVERHEAD AND THE LEGS STRAIGHT. HINGE AT THE HIP AND BRING RIGHT HAND TO LEFT FOOT (KEEPING ARM AND LEG STRAIGHT). THEN FOR THE NEXT REP BRING THE OPPOSITE HAND AND FOOT TOGETHER.

