



## Timed Workout 1T: Timed Workout 1T

This program should take 15 minutes from start to finish.

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### Warm Up

**A1**



#### Knee Lift Arm Pull Downs FFI

Time: 1min

- 1-2 minute cardio intervals.
  - Standing with feet hip width apart, lift your arms up over your head, as you lift your right knee up as high as you comfortably can, pull your arms down towards your sides.
  - Repeat on the same on your left side.
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### Upper/Lower

- This workout is a circuit of exercises where you perform each exercise for 30 seconds (Work up to 15 reps within 30 seconds).
- Then you rest 10 seconds while moving to the next exercise.
- After completing one full circuit, you rest for 60 seconds.
- Then complete a 2nd circuit.

**B1**



#### Wood Chops FFI

Sets: 2      Time: 30secs      Rest: 10secs

Standing with feet slightly further than hip width apart, holding one dumbbell in both hands. Reach up to one side over the shoulder and then back down to the opposite side into a squat. Do 15 repetitions on each side.

**B2****Standing Reverse Flies FFI**

Sets: 2    Time: 30secs    Rest: 10secs

Standing with feet hip width apart, soften your knees and tilt slightly forward, holding dumbbells at your sides. Bring both arms out and up (as if you flapping your wings) and return them to your sides. Do 15 Repetitions.

**B3****Leg Press w/Resistance Tube**

Sets: 2    Time: 30secs    Rest: 10secs

- Sitting in Chair with resistance tube wrapped around your foot, bring knee in towards your body.
- Push foot away from body. Keep foot at hip level at all times.
- Do 15 Repetitions on each leg.

**B4****Bicep Hammer Curls FFI**

Sets: 2    Time: 30secs    Rest: 10secs

Stand with feet hip width apart, knees slightly bent. Hold weights with palms facing each other. Bend arms at the elbow and bring the weight up towards your body. Release the weight back down. Do 15 reps.

**Abs**

- Work through the abs one exercise right after the other with minimal breaks.

- Should take no more than 3 minutes.

**C1****Straight Leg Crunch FFI**

Sets: 2    Reps: 15

- Lying on the mat, place one foot on top of the other (toe to heel).
- With your hands behind your head, contract your abs and lift up then release back down.
- Do 15 reps on each foot.

**C2****Dumbbell Rotation FFI**

Sets: 2    Reps: 15    Intensity: 5-8lbs

- Sitting on the mat with your heels on the mat and your knees bent, hold weight in both hands.
- Rotate and tap weight on the mat on one side of your body, rotate to the other side and tap weight on the mat.
- Do 30 reps alternating sides or 2 sets of 15.

**C3****V-Hold FFI**

Time: 15secs

- Sit on the mat with knees bent and heels on the floor.
- Beginner: lift feet up level with knees, hold your thighs loosely.
- Intermediate: lift feet up level with knees, hands lifted at sides of legs.
- Advanced: lift feet up into a V diagonal, lift arms up parallel to legs.
- Hold each pose for 15 seconds.

**C4****Butterfly Crunch FFI**

Sets: 1    Reps: 20

- Lying on the mat, pull feet in so they are touching and your legs take the shape of butterfly wings.
- With hands behind your head, contract your abs and lift up, then release down.
- Do 20 repetitions.

**Stretch**

These stretches should take no more than 90 seconds to complete.

**D1****Full Body Extension Stretch FFI**

Time: 10secs

Lying on your back on the mat, raise your arms over your head on the floor with your legs straight down. Take 3 nice deep breaths.

**D2****Lumbar Roll Stretch FFI**

Reps: 2    Time: 10secs

Lying with your back on the mat, lift your knees towards your chest, roll to one side and relax your legs down. Extend your arms out to your sides and your head to the opposite side of your knees. Take 3 deep breaths, then roll the knees and head to the opposite side.

**D3****Figure 4 Stretch FFI**

Reps: 2    Time: 10secs

Lying on your back on the mat with both feet on the mat, lift one foot and put it on the knee of your other leg. Lift the foot of that leg off the ground and your hands around the extended leg. Hold for 3 deep breaths.

**D4**



## Hug Stretch FFI

Time: 10ecs

While standing wrap your arms around your shoulders, relax your head forward. Take 3 deep breaths.