

# BASEFIT Train to win

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## The Basics of Fitness 2

**Level 07 Silver Bronze**  
Focus on balance and stability

### “PREPARATION IS 80% OF THE WIN”

#### BASEFIT BODY WEIGHT HOME SESSION *(Core Stability)*

**Warm Up:** Do light exercises for 5 minutes, or until you feel your body temperature rise, followed by some gentle quick stretching. If you do not have any cardi equipment you can do the exercises listed below

**Main Workout:** Start with 'Group A' and work through the 4 exercises consecutively for the requires number of reps. Finish all your sets before moving onto the next two groups. *The green umbers are your easier option, the blue numbers are a more challenging option,*

**Stretching:** Do 5 minutes of deep stretching

**Warm Up:** *(Postural Alignment and Stability)*

<b>Inch Worm</b>	<b>5</b>	<b>x 3 Rounds</b>
<b>Wide Squat to Hamstring Stretch</b>	<b>10</b>	
<b>Supermans</b>	<b>10</b>	
<b>Hamstring Stretch Twists</b>	<b>10</b>	

\* 5 minutes

**Group A:** Equipment: Mat

*Choose green or blue*

<b>Bridge Hold</b>		<b>30 seconds</b>	<b>x 3 sets</b>
<b>Hip Raises</b>		<b>10 15</b>	
<b>Grasshoppers</b>	<i>Per side</i>	<b>20 30</b>	
<b>Bridge Knees Side</b>	<i>Per side</i>	<b>10 15</b>	

\* 10 - 12 minutes

**Group B:** Equipment: Mat

*Choose green or blue*

<b>Reverse Bridge Hold</b>		<b>30 seconds</b>	<b>x 3 sets</b>
<b>Bicycles</b> *move as fast as you can	<i>Per side</i>	<b>20 30</b>	
<b>Froggies</b>		<b>20 30</b>	
<b>Plank 2 Push-up</b>	<i>Repeat leading in each direction</i>	<b>8 12</b>	

\* 10 - 12 minutes

**Group C:** Equipment: Mat, 4-meter space

*Choose green or blue*

<b>Side Bridge Crunches</b>	<i>Per side</i>	<b>10 15</b>	<b>x 3 sets</b>
<b>Shuttle Runs</b> *Distance of 4-meters. Touch floor either side lunging down with alternate legs to reach the floor	<i>Total reps</i>	<b>10 15</b>	
<b>Side Bridge Lifts</b>	<i>Per side</i>	<b>10 15</b>	
<b>Heel Touches</b> * The further away your heels are form your but the more effective this exercise	<i>Per side</i>	<b>20 30</b>	

\* 10 - 12 minutes

**Stretching:** Hold each stretch for 20 seconds

**Full Body Stretch** \* Make sure you work though all muscle groups with particular focus on your lower back, glutes, hip flexors, shoulders, quads and hamstrings. Finish off with stretching to loosen up your muscles. Make sure you stretch evenly both sides

\* 5 minutes

**Base Fit Training Notes:** Estimate training time should not be more than 1 hour. Feels intense on the core on 3 planes, rotational, transverse as well and posterior & anterior.

<p><b>INCH WORM</b>                  Stand with your feet hip-width apart. Hinge at the hip and place hands on floor. Bend your knees slightly if necessary. Walk hands forward until you come into a high plank position and pause. Walk hands back and roll up to return to starting position. Continue to repeat.</p>	
<p><b>WIDE SQUATS INTO HAMSTRING STRETCH</b>                  Stand with your feet wider than hip-width apart, toes slightly angled out. Push your hips back, and bend both knees to come into a very low, wide squat where your hips have dropped below knees. Place both hands on the floor, and without lifting chest, straighten both legs to come into a forward fold so you are looking at your shins. Pause here to feel a hamstring stretch along the back of your legs.</p>	
<p><b>SUPERMANS</b>                  Lie on a mat on your stomach with your arms stretched out in front of you. Simultaneously lift your arms and legs off the ground so you are balancing on your stomach. Hold for 2 seconds.</p>	
<p><b>HAMSTRING STRETCH TWISTS</b>                  Stand with feet wider than hip-width apart, with toes slightly angled out. Bend at your hip and lower your chest to the floor. Shift your weight to your right foot, and bend right knee slightly. Leave your right hand on the floor, and lift your left hand toward the ceiling, and allow your gaze to follow your left hand upwards. You should feel a stretch along the left side of your body, your chest and inner left thigh. Slowly lower your left hand, straighten your right knee to return to starting position.</p>	
<p><b>BRIDGE HOLD</b>                  Lie face down, then lift your torso off the ground by resting on the forearms and your toes only. Keep your back flat, in a straight line from head to heels. Tilt your pelvis and contract your abdominals to prevent your hips from sticking up in the air or dropping to the floor. Hold for as long as possible.</p>	
<p><b>HIP RAISES (Hip flexors, abdominals)</b>                  Lie in your back with your legs straight up in the air (feet to ceiling) so your legs are 90 degrees to the floor and to your upper body. Now keeping your legs as straight as possible, lift your hips up off the floor, and lower back down. Try not to let your legs swing forward and back, but focus on one point on the ceiling and keep your feet on that point.</p>	
<p><b>GRASSHOPPERS: (Shoulders, hip flexors and core)</b>                  Place your hands on the floor, so you are almost in a push up position but with your hips in the air. Bring your right foot underneath you until it touches your left hand, with your left foot extend out behind you. Now in rapid succession switch your legs so your right leg is extended out behind you and your left foot touches your right hand. Alternate your feet back and forth.</p>	
<p><b>BRIDGE KNEES SIDE (Obliques, Isometric Shoulders, Lower Back)</b>                  From bridge position lift your right foot off the floor, bend your right knee and bring your knee round the side of your body as if to try and touch your armpit, without your foot touching the floor. Return your right foot back to the starting position. Either repeat all reps on one side or alternate between legs. The isometric position strengthens your lower back and abdominals. Your stabilizers in your shoulders and ankles are engaged as your hip flexors contract and glutes stretch. Great exercise to assist with endurance</p>	
<p><b>REVERSE BRIDGE HOLD</b>                  Lie back on your elbows with your feet resting on the floor; Now lift your hips off the floor so you are resting on your heels and elbows only. Note: Try keep your hips up so your body is in a straight line.</p>	
<p><b>BICYCLES (Core)</b>                  Lying on your back in the crunch position, bring your left elbow and your right knee together across your body. Your right elbow is back towards the floor and your left leg is outstretch just over floor; Now switch to bring your right elbow to your left knee, while stretching out your right leg and left elbow.</p>	
<p><b>FROGGIES (Abdominals, Hip Flexors)</b>                  Lie on your back, knees bent, feet flat on the floor, hands next to your ears, head slightly off the ground and chin up. Crunch upward lifting your shoulders off the floor (as you would in a regular 'crunch'). Simultaneously, lift your feet off the floor so your knees touch your elbows. <b>Note: your feet must touch the floor with each rep. Return both your shoulders and feet to the floor.</b></p>	
<p><b>PLANK TO PUSH UP (Core, Shoulders)</b>                  From the bridge position lift yourself up into the push up position by straightening your arms one at a time. Then drop back down into the bridge position. One arm at a time. Make sure you lift your hand off the floor with each movement as opposed to just falling onto each elbow.</p>	
<p><b>SIDE BRIDGE CRUNCHES (Obliques, Isometric Shoulders)</b>                  Lie with your left hand on the floor and rest on your right foot, body facing forward, with your hips off the floor so your body is in a straight line. Place your left foot behind you and your right hand behind your head. Now bring your left knee up towards your chest while simultaneously bring your right elbow down to meet your left knee; As you do this you will feel your abdominals contracting into a crunch. <b>Notes: Make sure you are bringing your entire shoulder down in the crunch movement (not just moving your elbow down to your knee). Hold this crunch position for a second before repeating.</b></p>	

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<p><b>SHUTTLE RUNS</b> (<i>Cardio-vascular, explosiveness, legs</i>)                  Mark out a 3m distance. At point A, touch the ground with your right hand while in a lateral lunge with your right leg. Then sprint the 4m distance to point B. At point B touch the ground with your left hand, while in a lateral lunge with your left leg. It is important to touch the ground at each point with alternating hands and pushing off with alternating legs.</p>	
<p><b>SIDE BRIDGE LIFTS</b> (<i>Obliques, Isometric Shoulders</i>)                  From SIDE BRIDGE position, drop your hip to the floor so it touches the floor but does not rest on it. Then lift it back up. Do required amount of reps then repeat on the other side.</p>	
<p><b>HEEL TOUCHES</b> (<i>Obliques</i>)                  Lie on your back with your legs bent so your feet are flat on the floor. Crunch up and hold this position. Now reach for your right heel with your right hand, then for your left heel with your left hand. That is one rep</p>	

## STRETCHES

 <p>Iliotibial Band 1</p>	 <p>Iliotibial Band 2</p>	 <p>Spine</p>	 <p>Rotational</p>	 <p>Shoulders</p>
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