

## The Basics of Fitness 3

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

### “YOU’VE GOT TO? OR YOU GET TO?”

#### **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 cardio equipment you can do the exercises listed below

**Main Workout:** Start with Group A, and work through your 4 sets alternating between the two exercises. Once complete, take a two-minute break and move onto the next group. Keep going until you have completed all 4 groups.

**Note:** Groups 1 and 2 start low and increase in intensity as the sets progress, whereas groups 3 and 4 start with high reps and decrease in intensity with each set. **Numbers indicated in green are easier where the blue numbers are a more challenging.**

**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

		Set 1	Set 2	Set 3	Set 4
<b>V-Ups</b> *Try do a full sit up with each rep *Keep your lower back on the floor with each rep	Per leg, work one leg at a time	<b>5 6</b>	<b>10 12</b>	<b>15 18</b>	<b>20 24</b>
<b>Spider Climbs</b>	Per leg alternating				

\*10 -12 minutes allocated. If not finished, you can move on to group B

**Group B:** Equipment: Mat, chair / step

		Set 1	Set 2	Set 3	Set 4
<b>Spawl L's</b> * Land as low into a squat as you can manage to really work your legs	Total Reps	<b>20 24</b>	<b>15 18</b>	<b>10 12</b>	<b>5 6</b>
<b>Froggies</b> * Remember to return your feet back down to the ground with each rep to ensure you are engaging your lower abs					

\*10 -12 minutes allocated. If not finished, you can move on to group C

**Group C:** Equipment: Mat

		Set 1	Set 2	Set 3	Set 4
<b>Bicycles Abs</b> (in full sit-up position) If you need to, ly back and do these with your lower back resting on the floor	Per leg	<b>5 6</b>	<b>10 12</b>	<b>15 18</b>	<b>20 24</b>
<b>Bridge Knees In</b>	Total reps				

\*10 -12 minutes allocated. If not finished, you can move on to group D

**Group D:** Equipment: Mat, bench (optional)

		Set 1	Set 2	Set 3	Set 4
<b>Walking Rotation Lunges</b> * focus on as much rotation as possible (No weight needed, just arms outstretched and clasped together)	Per leg/side	<b>12 16</b>	<b>9 12</b>	<b>6 8</b>	<b>3 4</b>
<b>Mountain Pushes</b> *To make it easier do this exercise with your hands resting on a bench.					

\*10 -12 minutes allocated. If not finished, you can move on to stretching

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

<b>Full Body Stretch</b> * Make sure you work through 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
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\* 5 minutes

**Base Fit Training Notes:** Estimate training time should not be more than 1 hour. Develops core strength and flexibility on multiple planes: between top and bottom of your body, between the front and the back as well as between the left and the right.









# BASEFIT Train to win

Mandy Thomas (+27) +82 461 1443 | [info@basefit.co.za](mailto:info@basefit.co.za) | [www.basefit.co.za](http://www.basefit.co.za) (General) | [www.basefitonline.co.za](http://www.basefitonline.co.za) (Members) | Instagram: BaseFitCustomFitness | Twitter: @base\_fit  
 YouTube (Fitness): Base Fit Trin to Win | YouTube (Mindset): MandyThomas Base Fit Five Thirty Club | Facebook (Open): Base Fit Train to Win | Facebook (Private): Base Fit TV

## Warm Up Exercises:

<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>	






## Workout Exercises:

<p><b>V-UPS</b> (<i>Core, Hip flexors</i>)                  Lie on your back with your right leg bent and right foot on the floor, your left leg is straight and off the floor. Hold your hands above your head. Lift your hands upwards while you so a sit up (or crunch) and simultaneously lift your left leg upwards (keeping it straight) until your hands and your shin meet. Repeat all reps on the left before changing to the right.</p>	
<p><b>SPIDER CLIMBS</b> (<i>Shoulders, Obliques, Legs</i>)                  Go onto your hands, one leg stretched out behind you, the other up as close to your foot as possible (right foot to outside of right hand). The switch feet in rapid succession (left foot to outside or left hand) by lifting both feet off the ground simultaneously and switching them. There will only be one leg behind you at anyone one time, but the your legs never meet. This exercise is explosive.</p>	
<p><b>SPRAWL L's</b> (<i>Shoulders, Lower Back, Legs</i>)                  Place your hands on the short end of an aerobic step (lengthways) or a low chair. Jump your legs backwards so you are in push up position (arms straight) with your hands on the step, then jump your legs round to the left side of the step (keep your hands on the bench), land on your haunches. Then repeat jumping your legs out straight behind you again, then jump to the right of the step landing on your while still holding the step in the same position.</p>	
<p><b>FROGGIES</b> (<i>Abdominals, Hip Flexors</i>)                  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. Note: your feet must touch the floor with each rep. Return both your shoulders and feet to the floor.</p>	
<p><b>BICYCLES</b> (<i>Unilateral balance in the core</i>)                  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>BRIDGE KNEES IN</b> (<i>Shoulders, abdominals and lower back</i>)                  From bridge position lift your right foot off the floor, bend your right knee and bring it in under your body so your knee almost touches your chest, without your foot touching the floor. Return your right foot back to the starting position.</p>	
<p><b>ROTATION WALKING LUNGES</b> (<i>Legs and rotational core</i>)                  Stand holding a weight (optional) or just hold your arms extended out in front of you at shoulder height. Lunge forward with your right leg while simultaneously rotate your shoulder girdle to your right. In one movement now lunge forward with you left leg and rotate your shoulder girdle to your left. Keep lunging forward with rotations left to right respectively with each lunge. Note: Always rotate to the side of your leading leg.</p>	
<p><b>MOUNTAIN PUSHES</b> (<i>Isometric shoulders, core stability, increased heart rate</i>)                  Do 4 mountain climbers then 1 push up. 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, with your left foot extend out behind you. <b>Make sure you land on the ball of your foot when you bring it underneath you.</b> Now in rapid succession and alternate your feet back and forth for 4 counts then do a push up. To make it easier do this exercise with your hands resting on a bench.</p>	

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## STRETCHES

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