

The Basics of Fitness 4

Level 07 Silver Bronze
Focus on balance and stability

“Whether you think you can or you think you can’t, you are right”

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: Begin your workout with your starter exercise. You will repeat this after you have completed Group A then again after Group B to finish off your workout. When working with Group A and B alternate between the 3 exercises of each, with your reps going up in increments of 4 with each set.

Stretching: Do 5 minutes of deep stretching

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

Inch Worm	5	x 3 Rounds
Wide Squat to Hamstring Stretch	10	
Supermans	10	
Hamstring Stretch Twists	10	

* 5 minutes

Starter: Set x once off

Bridge Scissors *, kick legs up behind you as high as you can to maximise glute engagement	1 minute (or 45 seconds)
---	---------------------------------

Group A: Equipment: Mat, 3-meter space

		Set 1	Set 2	Set 3	Set 4	Set 5 <i>(Opt)</i>
Tadpoles Per side						
Kneel to Knee Up Per leg	4	8	12	16	20	
Shuttle Runs *3 meter distance Per side						

Intermediate Set x once off

Bridge Scissors *, kick legs up behind you as high as you can to maximise glute engagement	1 minute (or 45 seconds)
---	---------------------------------

Group B: Equipment: Mat, step (optional)

		Set 1	Set 2	Set 3	Set 4	Set 5 <i>(Opt)</i>
Plank to Push Up Total reps, alternating directions						
Glute Raises on Step (or the floor) Per leg	4	8	12	16	20	
Body Weight Sumo Squats * go as low as you can, keeping your heels on the floor, lift toes up, even if you hold onto a support to assist						

Finisher:

Bridge Scissors *, kick legs up behind you as high as you can to maximise glute engagement	1 minute (or 45 seconds)
---	---------------------------------

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. The core is where all your power is generated once strength fails you. Today’s core session focuses on stability and balance while control is generated indirectly though the pelvic area.

BASEFIT Train to win

Mandy Thomas (+27) +82 461 1443 | info@basefit.co.za | www.basefit.co.za (General) | 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

<p>INCH WORM 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>WIDE SQUATS INTO HAMSTRING STRETCH 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>SUPERMANS 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>HAMSTRING STRETCH TWISTS 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>BRIDGE SCISSORS Lie face down, resting on the floor and your toes on the ground, keeping your body straight (do not pike your hips or drop your hips). Lift one leg off the floor as high as possible while keeping your hips straight and both legs straight. Repeat with the other leg.</p>	
<p>TADPOLES (Core, Hip Flexors) Lie on your back with your right foot flat on the floor and your left ankle over your right knee. With your hands at your ears, do a crunch diagonally while simultaneously lifting your right foot off the floor so your left elbow meet your right knee. As you come out of your crunch returning your upper back to the floor, also return your right foot back on the floor, so your foot touched the ground with every rep. Finish all your reps on one side then repeat on the other.</p>	
<p>KNEEL TO KNEE UP (Quads, Glutes, Hip Flexors) Stand with your hands locked behind your head. Kneel down onto one knee. From this position stand up driving the leg you were kneeling on straight into a knee up, then kneel back down onto that same knee. Repeat all reps on the one side and then do the other. Kneel down onto one knee. From this position stand up driving the leg you were kneeling on straight into a knee up, then kneel back down onto that same knee. Repeat all reps on the one side and then do the other.</p>	
<p>SHUTTLE RUNS (Cardio, Legs) Mark out a distance of about 6 meters (or longer if required). At point A, touch the ground with your right hand and sprint the 6m (or further) to point B. At point B touch the ground with your left hand and sprint back to point A. The sprint to point B and back to point A is considered "one" repetition. It is important to touch the ground at each point with alternating hands.</p>	
<p>PLANK TO PUSH UP (Core, Shoulders) 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>GLUTE RAISES ON STEP (Core muscles that control the relationship between spine & pelvis) Lie with your shoulders on the floor, your right leg straight up in the air and your left leg bent with foot on a step or slightly elevated area. Lift your hips up as high as you can, pause for a second, then drop your hips back down to the ground, keeping your right leg well up in the air. Repeat</p>	
<p>SUMO BODY WEIGHT SQUATS (Legs, pelvic girdle) Stand with your feet slightly wider than shoulder distance apart, feet turned out marginally. Squat all the way down until your hamstrings touch your calves. Try keep your heel son the ground at all times by pushing your hips backwards and lifting your toes off the floor. Hold onto a support if you need to help you get as low as possible.</p>	

STRETCHES

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