

BASEFIT Train to win

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The Basics of Fitness 5

Level 06/07 Silver Bronze
 06 Focus on balance and stability
07 Adding more co-ordination and endurance

“YOU WERE BORN TO WIN – THE DECISION TO MAKE IT A REALITY IS UP TO YOU”

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: Work through the below 6 exercises consecutively. The first 3 exercises decrease in reps, the last 3 exercises increase in reps while the middle exercise remains constant. *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)*

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

* 5 minutes

Group A: Equipment: mat, skipping rope, 1 x weight	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7
Double Crunch * add a weight in your hands for level 7							
Pendulum Planks <i>Per Side</i>	14	12	10	8	6	4	2
Roll Back to Standing							
Skipping or High Knees * if no rope	1 min 45 sec						
V-Ups * finish reps on one leg then do the other. <i>Per leg</i> Keep your lower back on the floor * Full sit up with each rep for Level 7							
Plank Rolls <i>Per Side</i>	2	2 4	4 6	6 8	8 10	10 12	12 14
Inch Worm * add push up for level 7							

*30 minutes allocated

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. When stretching, try notice if you are more flexible on one side than the other. Don't overstretch your flexible side, keep it even both sides

*10 minutes

Base Fit Training Notes: Estimate training time is about 45mionutes. Estimate training time should not be more than 1 hour. Work slowly, focus on core stability and feel the stretch in each rep. Easy session with predominantly lower back stability work.

<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>	

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<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>PENDULUM PLANK SINGLE LEG (Core, Obliques, Shoulders) Go down into plank position on your elbows. From plank with your body straight, move your left leg to the left as far as you can, then return it. Repeat on the RHS with the right leg.</p>	
<p>ROLL BACK 2 STANDING (Core, Legs, Explosiveness) Stand with a mat behind you. Without touching the floor with your hands, go down onto your butt (sit straight down backwards without turning sideways). Continue the motion rolling backwards onto your back. Lift your hips so your legs go straight up into the air as if you were doing a hip raise. Now roll back up at pace right up into standing position without using your hands. * if you are unable to get back up, cross your legs as this will make our centre of gravity lower. If you still battle hold a weight in your hands. As you try stand up hold it out in front of you as a counter weight. NB!! You must have momentum to do this exercise.</p>	
<p>T-ROTATIONS (Chest, rear delts, core, rotational strength) Get into a push-up position with your arms straight, hands on a pair of dumbbells. In one movement, lift your right hand and rotate the right side of your body upward holding the weight, until you're facing sideways and your arms and body form a T. Reverse the move, rotating to the left. Make sure to keep your hips raised and your body in a straight line as you rotate.</p>	
<p>HIGH KNEES: (Hip Flexors, Cardio) This is a high knee action jog on the spot. Hold your hands out in front of you hip height and try get your knees to touch your hands with each step action.</p>	
<p>V-UPS (Core, Hip flexors) 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 one both 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>PLANK ROLLS (Isometric Core and shoulders, obliques, stability) 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. While keeping both elbows planted firmly on the ground roll your hips over the RHS as far as you can. Try touch the floor with your right hip. Then return to centre and repeat on the LHS. Great to help strengthen stability and core. Critical for front wheel control when riding</p>	
<p>INCH WORM Stand with your feet hip-width apart and core engaged. Hinge at the hip and place hands on floor. 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, moving as slowly as you want, for 60 seconds. Make it harder: Add a push-up each time you walk out into a high plank.</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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