

Intense cardio strength climb

Using an extreme set of stairs or steep hill, I offered this session to add intense cardio with some strengthening in, for the workout of the day!

The class begins with a basic warm up, using moveable stretches to warm up the muscles for action!

WORKOUT

Find a large hill or stair set, (I use an outdoor set of steps that have 100 stairs to the top)

Walk/ run the stairs over toward a ladder you have set up slightly away from the set of stairs

Each ladder has an exercise attached to the steps, all incorporating a full body strengthening exercise, that focuses on core and arms especially.

**Work your way to the bottom of stairs, and return back to the top
Head over to the ladder, and perform the first step exercise, performing the reps written on each instruction sheet**

Move back to your cardio, and repeat the stair climb, down, and back up to the top, proceeding back to your ladder, to perform step 2 then repeat step 1

This process will continue, (stairs— ladder), until you have completed steps 6 through back to 1

For example, after you have done your second round, you will then add step 3 exercise, repeat step 2 and step 1, picking up a step as you go!

This workout takes approx 45 minutes to an hour to complete, and is a challenge! Enjoy the fun!

Windmill

Reps: 15 per side Stand with feet slightly wider than hip width, knees bent, holding one dumbbell in front of chest with both hands, elbows bent. Lower into a squat as you rotate your torso to the left and straighten both arms, reaching right hand to the floor and left hand (holding the dumbbell) to the ceiling. Look up at top hand. Maintaining upper-body position, raise halfway up out of squat (think of pressing up with the left side of torso) and then lower back to touch the floor with

right hand. Return to start. That's one rep. Do 15 reps, and then repeat on opposite side.



Single-Side Vertical Climb

Reps: 15 per side Grab a pair of dumbbells and stand on right leg with left toe pointed out to the side, lightly touching the floor. Bend right arm, bringing dumbbell to just outside of shoulder and extend left arm up, palm facing forward. Press right arm overhead and bend left elbow as left knee lifts up toward chest. You should feel your left obliques working to lift knee as high as possible. Return to start. Do 15 reps, and then repeat on opposite side.



Bow-And-Arrow Squat Pull

Reps: 20 Grab a pair of dumbbells and get into squat position, hinging forward at hips, lowering chest and reaching arms to the floor. Bend knees a little deeper and open arms into a "bow and arrow" by reaching right arm to the ground and bending left elbow back behind body, twisting torso slightly to the left during the

pulling action. Immediately switch sides, rising slightly up out of squat as arms change position, lowering back into squat as right elbow bends back and left arm extends. Do 20 reps, alternating sides each time.



Plank Pull Through

Reps: 20 Begin in a full plank position with a dumbbell on the floor a few inches away from the outside of right hand. Engage abs to keep torso steady and reach left arm under right to grab dumbbell. Pull the dumbbell across the floor to the left side of body, releasing it just outside of left arm and then return to plank. That's one rep. Do 20 reps, alternating sides each time.



Straight-Arm Climb

Reps: 20 Grab a pair of dumbbells and lie faceup on the floor, arms extended straight out above chest, palms facing away from head. Lift head and neck off the

floor, looking up to ceiling and press right arm up, lifting head and right shoulder blade off the floor. Immediately lower right shoulder and repeat the lift on left side. Avoid letting elbows bend as you lift and lower. Do 20 reps, alternating sides each time.



Single-Arm Sit-Up

Reps: 15 per side Grab a dumbbell in left hand and lie faceup on the floor, left arm extended straight out from shoulder, right arm by side on the floor. Extend right leg out straight and bend left knee, placing left foot flat on the floor. Brace abs in tight and roll up through spine (keep left arm reaching straight up to ceiling the entire time). Reach right arm forward in front of shoulder. Round back and

brace abs in tight to slowly roll through back and return to start. Do 15 reps, and then repeat on opposite side. Too tough? Keep right arm on the ground for more support as you do the sit-up and lower down.

