

Hi Fitness Folks!

Here are a few tips to help with success in this workout.

1. Download a timer app.. Here is the one I use and i found it in the apple app store:

a. Tabata Stopwatch



2. Do YOUR best, which only YOU know your limits.
3. Tell a friend before AND after you have completed the workout to help with accountability and a feeling of accomplishment.
4. Keep a very strong core throughout each of these exercises. Not only will this help you gain a strong and aesthetically appealing mid section, but also it will protect you from potential injuries to your other body parts (e.g. your lower back).
5. **YOU CAN DO ANYTHING YOU DECIDE YOU ARE GOING TO DO.** Make up your mind BEFORE you start this work out and when you are ready to give everything you can today, put on your favorite tunes and hit it hard!
I believe in YOU. Now it is time for you to believe in yourself.

It would be an absolutely pleasure and genuinely appreciated, if you let me know how things went with this workout. Reach out!

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*BigHugs!!!**

Sunshine Kelly



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Cardio, Wall, Cardio, Ball

Bodyweight Workout

Formula

Round 1: 50 Seconds ON, 10 Seconds Off

Go through each move, such as a cardio move or a move using the wall for resistance.

Round 2: Start from the beginning and repeat each of the moves again. :-)

You've got this!!!! Work hard and remind yourself how you will FEEL when this workout is completed. You are going to be so happy with yourself that you completed the workout.

Reward yourself by drinking water and a much deserved 15 minutes rest without working. You have not "earned" a treat. Sorry not sorry. Replacing the calories you just burned with dessert full of sugar is not helpful to you. I'm ok with you not liking the message, mostly because you know it's true. I care about you, I care about how you feel, and I care to help you achieve results. Water and rest, not dessert and no aesthetic changes to your body.

Alternative to a Stopwatch:




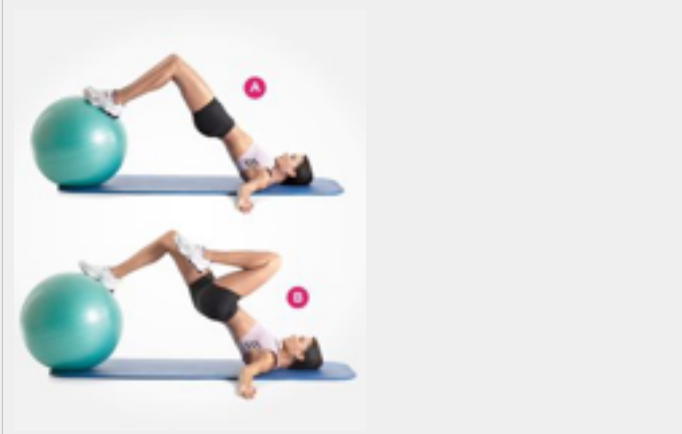
Pick a starting number, such as 30. Complete each of the movements, 30 times. Continue this pattern for 50 minutes. Cool down for five minutes to avoid blood pooling in your muscles. Blood pooling will create an uncomfortable feeling in your muscles and decrease your recovery rate. It might also interfere with your mental motivation to go attack your next workout. Please, take five minutes and cool down to bring your heart rate down and static (no movement) stretch your muscles.


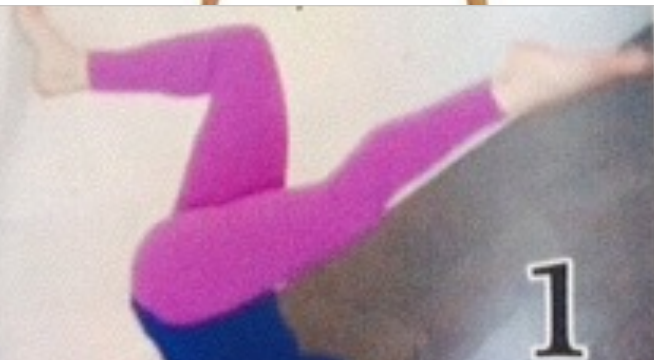

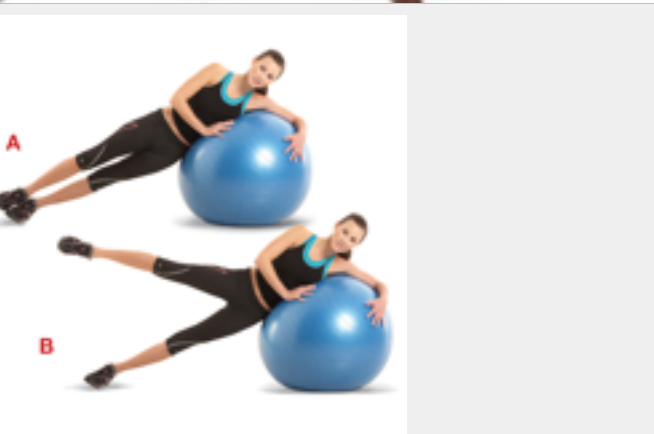
3 Things to know with this method:



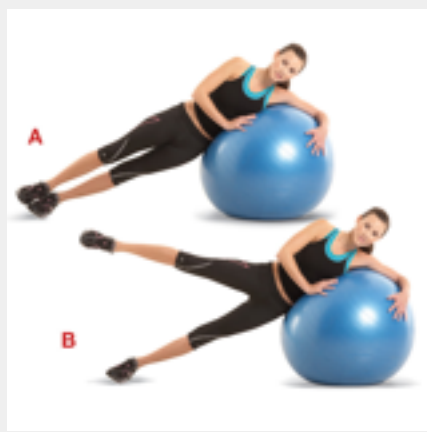
1. Starting at 30 reps will take you about an hour.
2. You have to push yourself to keep going because there is not a clock to externally motivate you.
3. If you do not have a stability ball, try the moves without the ball.






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<p>Exercise</p>	<p>Pictures of the Move</p>
<p>Cardio: T- Jacks</p>	
<p>Wall: Glute Bridge with one Right Leg pointing to the roof</p>	
<p>Cardio: High Plank, Double leg knee tuck into elbows</p>	
<p>Ball: Heels on ball, raise pelvis up into a bridge</p> <p>b. Adv: One leg only on ball</p>	

Exercise	Pictures of the Move
Cardio: High Knees	
Wall: Glute Bridge with one LEFT Leg pointing to the roof	
Cardio: Cardio: High Plank, Double leg knee tuck into elbows	
Ball: Abductor RIGHT Leg Lifts	

Exercise	Pictures of the Move
<p>Cardio: 2x Wall toe taps in a high knee position, 4x High Knees</p>	
<p>Wall: Back is to the wall. R. Lunge position with back foot on wall. Down – Up</p>	
<p>Cardio: Cardio: High Plank, Double leg knee tuck into elbows</p>	
<p>Ball: Abductor LEFT Leg Lifts</p>	

Exercise	Pictures of the Move
<p>Cardio: Tap hand 2x high on wall, 2x low by squatting down. ADV: Jump high for the 2x high wall taps.</p>	
<p>Wall: Back is to the wall. Left Lunge position with back foot on wall. Down – Up</p>	
<p>Cardio: Cardio: High Plank, Double leg knee tuck into elbows</p>	
<p>Ball: Pass ball from between feet, up to hands, hands bring it overs</p>	

Exercise

Pictures of the Move

**Cardio:
Standing Mt.
Climbers**



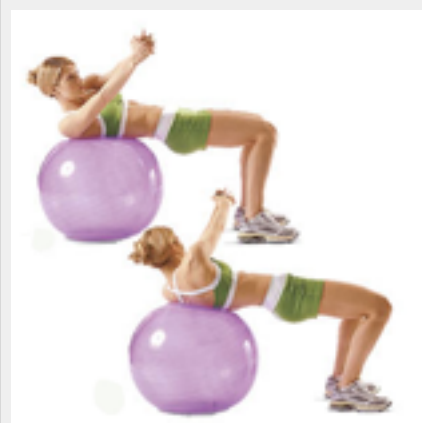
**Wall: Lay on back in
bridge. RIGHT foot
on wall. Swing leg
wall to chest**



**Cardio:
Cardio:
High Plank, Double
leg knee tuck into
elbows**



**Ball: Oblique Twists
on ball**



Exercise

Pictures of the Move

**Cardio:
Butt Kickers**



Wall: Lay on back in bridge. LEFT foot on wall. Swing leg wall to chest



**Cardio:
Cardio:
High Plank, Double
leg knee tuck into
elbows**



**Ball: Superman –
Right arm extends out
and left leg lifts**



Exercise

Pictures of the Move

**Cardio:
T- Jacks**



**Wall: On Back, face up to ceiling.
Hamstring wall walk up the wall with feet.**







**Cardio:
Cardio:
High Plank, Double leg knee tuck into elbows**



**Ball: Superman –
Right arm extends out and left leg lifts**



Exercise	Pictures of the Move
Cardio: High Knees	
Wall: In high plank, face down to ceiling. Hamstring wall walk up the wall with feet	
Cardio: Cardio: High Plank, Double leg knee tuck into elbows	
Ball: Tummy on ball, AB crunch Up	

Exercise

Pictures of the Move

Cardio:
2x Wall toe taps in a high knee position,
4x High Knees

Wall: Wall Sit, Arms overhead



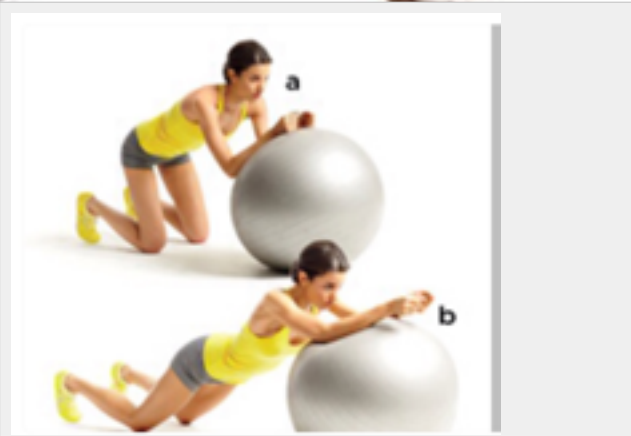





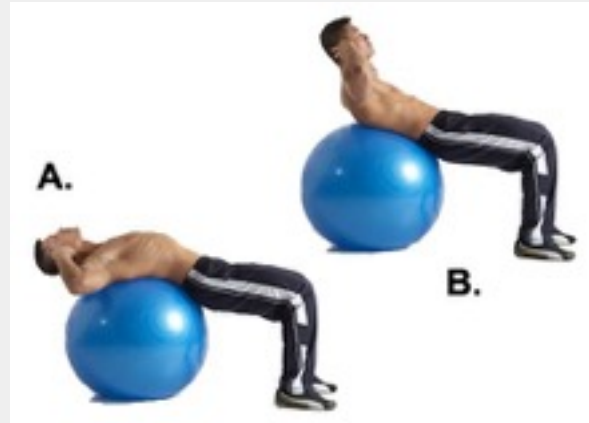
Cardio:
Cardio:
High Plank, Double leg knee tuck into elbows



Ball: On back, btw ankles, oblique side to side



Exercise	Pictures of the Move
<p>Cardio: Tap hand 2x high on wall, 2x low by squatting down. ADV: Jump high for the 2x high wall taps.</p>	
<p>Wall: on Back, face to ceiling. Bridge up – down, with right foot resting on left knee (Yoga style)</p>	
<p>Cardio: Cardio: High Plank, Double leg knee tuck into elbows</p>	
<p>Ball: On knees, roll it out until arms are straight</p>	

<p>Exercise</p>	<p>Pictures of the Move</p>
<p>Cardio: Standing Mt. Climbers</p>	
<p>Wall: on Back, face to ceiling. Bridge up - down, with left foot resting on right knee (Yoga style)</p>	
<p>Cardio: Cardio: High Plank, Double leg knee tuck into elbows</p>	
<p>Ball: Basic Crunch</p>	

That's a wrap! You did it!!!!!!! Now, drink water, tell someone people (like your accountability friend and myself :-) how you *feel* right now, and enjoy the rest of this beautiful day.

BigHugs!!! Sunshine Kelly*