



Super Short Strength Circuit #6

[designed by Coach Mary-Katherine Fleming]

Instructions: Perform each move for one minute, then transition quickly to the next.

Move 1: Metronome

Lie down on your back, arms extended from your shoulders like a “T”. Keeping your shoulders and your hips on the floor—and not allowing your palms to grip the ground—raise your legs a few inches off the floor. Keeping your legs glued together, slowly bring your legs to the right, then over to the left. This is a small, subtle movement; use your abs to stabilize yourself and keep your hips glued to the floor. If your back gets angry, bend your knees 90 degrees, keep your legs together, and shift your knees from right to left.

Move 2: Superman/Swimmer

Lying on your stomach, glue your legs together again and extend your arms straight out in front of you. Engage your core and lift your feet slightly off the ground; the goal is not to fly, but to strengthen your lower back, so don't lift your legs above shoulder level.

Version #2: Lift your arms off the ground at the same time as you lift your legs.

Version #3: Swim with your arms: extend each arm individually down to each side. Keep your lower body still as you swim; no kicking or wiggling allowed.

Move 3: Iron Maiden

Starting in the same position as the metronome—lying on your back, arms in a T—lift your straight left leg up towards your right shoulder as far as is comfortable. Your shoulders should stay on the ground, but your hips can lift in this move. It's a stretch; it should feel good. Go for 30 seconds on your left leg, and 30 seconds on your right

Move 4: Fly Steps

Standing with your feet hip-width apart, extend your arms out from your shoulders like a T. Keeping your right leg rooted into the ground, lift your left leg behind you slightly as you tip forward. Your cage is still locked; do not let yourself break form at your hips. Tip back up to standing. Work on one leg for 30 seconds, then switch to the other.

Version #2: When your left leg is behind you, bend your right knee to a comfortable place. If it's an inch, great. If it's to 90 degrees, that's great too. We're working on balance, so as long as you are challenging your balance, you're #winningatlife.