

The Basics of Fitness Program 1

Level 06

Focus on balance and stability

“POSITIVE THINKING = POSITIVE RESULTS”

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 cardio equipment you can do the exercises listed below

Main Workout: Work with the 6 exercises in the following manner: Set 1 is exercise ‘a’ only. Set 2 is exercise ‘a’ & ‘b’. (So you do exercise ‘a’ twice back to back at the start of the session). Set 3 is ‘a’, ‘b’ and ‘c’ Every time you start a new set, add the next exercise. By the time you get to set 5 you will be doing all 5 exercises. The from set 6 you will drop exercises in the same order you added them. So when you get end set 8 and start set 9, you will do a double set of shuttle runs back to back.

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: 4-meter space, mat,

		Reps	1	2	3	4	5	6	7	8	9
a	Supine Leg Twists	10 total reps	✓	✓	✓	✓	✓	✓	✓	✓	✓
b	Bridge Knees Side	10 total reps		✓	✓	✓	✓	✓	✓	✓	
c	Russian Twists * Try get your elbow to touch the floor each side * Can keep one foot on the floor. Switch halfway.	10 per side			✓	✓	✓	✓	✓		
d	Slow Bicycles *Hold each rep for 1 second	10 per side				✓	✓	✓			
e	Shuttle Runs *Touch the ground at each point with alternating hands and lunge off with alternating legs	10 total reps					✓				

Stretching: Hold each stretch for 20 seconds

Full Body Stretch * Make sure you work through 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 45 minutes. Session feels focused but easily managed focusing on core stability between the upper and lower body.

Warm Up Exercises:

<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>	

BASEFIT Train to win

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<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>	
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Workout Exercises:

<p>SUPINE LEG TWISTS Ly on your back with your arms out to the side or under the small of your back if more support is needed. Start with your legs perpendicular to the floor and on either side of the ball. Then twist your legs so that your right leg is at the front of the ball (facing you), while your left leg is on the opposite side (facing away from you). Pause at the end of each twist, then twist again so legs are reversed</p>	
<p>BRIDGE KNEES IN (<i>Shoulders, Abs and lower back</i>) From bridge position with your elbows on the floor, lift your right foot off the floor, bend your right knee and bring it in under your body so your knee almost touches your chest, without your foot touching the floor. Return your right foot back to the starting position. Then repeat on the left. Keep alternating legs in rapid succession.</p>	
<p>RUSSIAN TWISTS (<i>Core, Hip Flexors</i>) Sit on the floor with your legs bent, hands clasped in front of you and lean back 45 degrees. Lift your feet off the floor and hold them there. Rotate at the waist back and forth, attempting to touch the floor with your elbow on each rotation.</p>	
<p>BICYCLES (<i>Core</i>) <i>from crunch</i> Lying on your back in the crunch position, bring your left elbow and your right knee together across your body. Your right elbow is back towards the floor and your left leg is outstretch just over floor; Now switch to bring your right elbow to your left knee, while stretching out your right leg and left elbow.</p>	
<p>SHUTTLE RUNS (<i>Cardio, Legs, quickness, agility</i>) Mark out a distance of about 4 meters. At point A, touch the ground with your right hand and sprint the 4m (or further) to point B. At point B touch the ground with your left hand and sprint back to point A. It is important to touch the ground at each point with alternating hands and lunge off with alternating legs</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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