

WORKOUT 5



Bactif
LLES EGNÏOL • ACTIVE WELLBEING

Format: Partner workout

You Go I Go

Duration: 6 mins

10 Lunges

10 Press Ups

10 High Knees

Lunge

- Keep your upper body straight, with your shoulders back and relaxed and chin up (pick a point to stare at in front of you so you don't keep looking down).
- Step forward with one leg, lowering your hips until both knees are bent at about a 90-degree angle.
- Make sure your front knee is directly above your ankle, not pushed out too far, and make sure your other knee doesn't touch the floor.
- Keep the weight in your heels as you push back up to the starting position.

Safety reducing the depth of the lunge is a good way to scale this movement whilst still building strength.

Press Up

- Begin on your hands and knees with your hands underneath your shoulders but slightly wider than your shoulders.
- Come onto the balls of your feet and the heels of your hands, and then walk the feet back until you're in the plank position. Keep your hips lifted to avoid the lower back bowing so the belly sags towards the ground.
- Begin to bend your elbows, lowering your body in one solid piece down towards the floor. Your elbows will bend out to the side, not behind you.
- Keep your abdominal and leg muscles engaged throughout the entire movement. Your head should stay in line with your spine; not droop.
- Lower yourself down until your chest is about an inch or two from the ground and then slowly push yourself back up to the starting position. Push through the heels of your hands in order to return to the starting position.

Tip Don't let your back sag down or your hips rise up. To modify, start with your knees on the floor and your hips tucked. Safety Start conservatively to avoid shoulder injury. Push ups should be avoided by anyone suffering from neck or shoulder injuries.

