

BODY BY ELLEN “NO EXCUSES WORKOUT”

No time? No equipment? No problem!

There is a sequence of 10 Basic Exercises, as well as a more Advanced version of the 10 exercises. The idea is to perform each exercise *3x: 20 seconds on; 10 seconds off. Move as quickly as you are able from one exercise to the next. Rest one minute and repeat sequence of 10 exercises.

This is a challenging full body program with a cardiovascular component as well. You may want to start with one sequence of 10 exercises, and gradually add in the 2nd sequence. Additionally, you may want to start with only one set of 20 seconds and gradually work up to the full 3 sets of each exercise. If there is a right and left aspect of the exercise, do one side the first 20 second set, other side the 2nd set, and split the third set.

*TOTAL TIME-under 35 minutes. Recommend program 2x/week.

*Equipment needed: Swiss ball, approx. 15 weight (DB, laundry detergent); mat, pillow or carpeting; and chair or table, clock or watch.

BASIC (BEGINNING) EXERCISES:

1. BW Squats

- Do not let knees go over toes.
- Keep back flat.
- Keep head and neck in align with spine.
- Work on getting down low enough so thighs are parallel to floor.
- Increase speed of squats as you get stronger.

2. Rotational Push-Ups

- Keep body rigid and straight from head to toes.
- Go as low as you can but do push-ups from toes (not knees!).
- Rotate so body is perpendicular to floor.
- Both feet are on floor giving you a 3-point base.

3. SB Bridges (feet on ball)

- With feet on ball, lift hips up so body is completely straight.

- Hold for a couple seconds.

4. Lateral Lunges

- Keep feet pointed straight ahead.
- In lunge position, foot, knee and hip should all be aligned.
- Get butt down so thigh is parallel to floor.
- Push hard back to starting position.

5. Plank Positions (R, L, Prone)

- Elbow should be under shoulder (Right and Left)
- Body must be rigid and straight from head to toes.
- Prone-weight on elbows and forearms.
- May want elbows on mat or pillow for cushioning.

6. Mountain Climbers

- From Push-Up position, alternate bringing feet up to hands quickly.

7. Squat and Touch Running Style

- Start in running position standing on left foot, with right knee up in air and left arm up in exaggerated running position.
- As you lower yourself, right leg and left arm (partners) move back and right arm moves forward.
- Finish position, left leg is bent with chest almost on thigh. Right arm is extended reaching forward.
- Right leg is extended back; right glute isometrically contracted.
- Come back up to starting position.

8. SB Skier's

- Prone on SB, knees tucked underneath you, with tops of feet on ball.
- Rotate hips and knees side to side.

9. Rows (Lunge Position)

- Need heavy weight, i.e. probably in 15-25 lb. Range. May use laundry detergent filled with water or sand or Dumbbell.
- Assume lunge position, rest forearm on front leg.
- Pull weight up to armpit.

- “Exhale with the effort”, i.e. as weight is brought up.

10. Press-Ups

- Sit at edge of table or chair with hands on either side of your legs.
- Put weight on your hands and lift your buttocks off the table and hold.

ADVANCED EXERCISES:

1. Stagger Squats

- Place feet in staggered position, i.e. right foot is dropped back.
- Body should be turned so you are facing off to right.
- Hands on head in prisoner squat position; bring right elbow towards front (left) knee as you lower and rotate your body.
- Repeat on other side for next set of 20 seconds.

2. Rotational Push-Ups with both feet together

- As above, except when you rotate, feet are placed on top of each other, so you have a 2 point stance instead of 3.

3. SB Triple Threat

- Feet are on SB in face-up (supine) position.
- Raise hips.
- Bend knees, pulling SB towards you.
- Raise hips again.
- Undo all 3 movements; hips down, legs out, lower hips to floor.

4. Lateral Hop Lunges

- Add hop between lunges and touch both hands to lunging foot.

5. Side Plank Crunches (R, L) and Prone

- When in right and left Plank positions, put top hand on head (“prisoner position”) and lower elbow to floor/table.
- In prone position, add alternating hip extensions, focusing on isometric contraction of gluteal muscle.

6. Squat Thrusts

- From Push-Up position, pull feet up underneath you and stand up and jump.
- Drop down into Push-up position and repeat.

7. Squat and Touch Running Style with Heel Raise

- As above, but when you come up from low position, come all the way up onto the ball of our foot, momentarily balancing before coming back down to ground.
- Adds gastroc work.

8. SB Prone Reverse Curls

- Feet on ball, hands on floor. Pull ball underneath you as far as you can, then return to starting position.
- Do not let low back sag.

9. Single Leg Rows

- Balance on one foot with knee slightly bent, while keeping the other foot 'home' - right near the ankle.
- Weight should be in the opposite hand of the leg you are standing on.
- Lean forward a little and lift weight to side.

10. Press-Ups

- Add a gentle front to back swing with your body.