

## STACKED – RU Fit Virtual Workout- #1

Set up: Set a timer for 30 seconds. Use a mat or towel, if available.

<b>Warm Up</b>		<b>30 seconds each exercise – repeat for 2 rounds, total time: 4 minutes</b>
<b>Exercise</b>	<b>Description</b>	
Jog	Jog in place	
Open and Close w/ Jacks	Legs jack in and out as the arms alternate by coming together in front of the chest then overhead	
Inch Worm	Start standing with feet hip-width apart. Hinge forward at your hips and place your palms on the floor. Walk your hands forward to a high plank then walk your hands back toward feet and stand up.	
Downward Dog to Alt. Ankle Tap	Starting in plank position, press the floor away from you as you lift your hips up. Reach the right hand to the left ankle and reach the left hand to the right ankle. Go back to plank position and repeat.	

<b>Workout</b>		<b>Complete exercise 1 for 30 sec, with 30 sec recovery. Complete exercise 2 for 30 sec, exercise 1 for 30, with 30 sec recovery. Stack on moves with the same format, up to 8 exercises. Total time 22 minutes</b>
<b>Exercise</b>	<b>Description</b>	
1) Squat Jumps	Stand tall with your feet hip-width apart. Hinge at the hips to push your butt back and lower down until you thighs are parallel to the floor. Then press your feet down to explode off the floor and jump as high as you can. <b>Modification: No Jump</b>	
2) Push Ups	Place your hands on the floor slightly wider than shoulder-width. Keep your torso in a straight line and bend the elbows to lower the chest towards the floor. Push up, lifting the chest and straightening the arms. <b>Modification: Perform on Knees</b>	
3) Sit ups	Lie down on the floor and bend the knees. Cross arms over the chest and in a controlled motion bring the torso up until the arms connect with the upper thighs then lower back down. <b>Modification: only lift shoulders and upper back off the floor</b>	
4) Squat Burpees	Squat down placing your hands on the ground in between your feet and jump your feet back to a high plank position then jump your feet back in and outside your hands and stand up. <b>Modification: Step back and forward instead of jumping</b>	
5) Plank Walks	Start in a plank position, resting on your forearms with your body forming a straight line from shoulders to feet. Then push up from the ground, one arm at a time, into the high plank position <b>Modification: Perform on knees</b>	
6) Mountain Climbers	Start in high plank position and pull your right knee into your chest as far as you can. Then switch, bringing the left knee in. Keeping your hips down, run your knees in and out as far and as fast as you can <b>Modification: Go slower</b>	
7) Jumping Lunges	take a big step forward and lower the back knee to a 90° angle. From this position, push explosively off the ground, switching the positions of your legs while airborne. Immediately drop into another lunge with the opposite leg <b>Modification: step into alternating lunges without the jump</b>	
8) Tuck Jumps	Start by standing with your feet a little less than shoulder-width apart. Drop down a little into a quarter squat then explode into the air. Keep your back straight and tuck your knees in to your chest as much as possible. Land soft <b>Modification: Perform without the tuck, just squat</b>	

<b>Core Finisher</b>		<b>30 seconds each exercise / total time: 2 minutes</b>
1) Plank (Forearms)	2) Side Plank (Right)	
3) Side Plank (Left)	4) High Plank (Hands)	

<b>Stretch</b>		<b>30 seconds each exercise /total time 3 minutes</b>
1) Right Low Lunge	2) Right Hamstring Stretch	
3) Left Low Lunge	4) Left Hamstring Stretch	
5) Clasp hands behind- chest stretch	6) Clasp hands forward- upper back stretch	

## RU FIT VIRTUAL WORKOUT 1

# STACKED

*Set Up: Set timer to 30 seconds- use a mat or towel if necessary.*

Complete Exercise 1 for 30 seconds, take 30 second break. Complete Exercise 2 for 30 seconds, Exercise 1 for 30 seconds, take 30 second break. Complete Exercise 3 for 30 seconds, Exercise 2 for 30 seconds, Exercise 1 for 30 seconds, take 30 second break, and so on through 8 exercises.

**Total Time: 4 min**

### WARM UP

*2 minute Warmup  
30 seconds each exercise*

Jog

Open And Close w/ Jacks

Inch Worm

Downward Dog to Alt. Ankle Tap

**Total time: 22 min**

### WORKOUT

<b>Exercise #1</b>	Squat Jumps	<b>Exercise #5</b>	Ellbow to Hands in Plank
<b>Exercise #2</b>	Push Up	<b>Exercise #6</b>	Mountain Climbers
<b>Exercise #3</b>	Sit Ups	<b>Exercise #7</b>	Jumping Jacks
<b>Exercise #4</b>	Squat Burpee	<b>Exercise #8</b>	Tuck Jumps

**Total Time: 2 min**

### FINISHER

**CORE WORK  
30 sec per exercise  
1 round**

Exercise 1: Plank (Forearm)  
Exercise 2: Side Plank (R)  
Exercise 3: Side Plank (L)  
Exercise 4: High Plank

### STRETCH

**30 sec per stretch  
1 round**

Stretch 1: Low Lunge (R)  
Stretch 2: Hamstring Stretch (R)  
Stretch 3: Low Lunge (L)  
Stretch 4: Hamstring Stretch (L)  
Stretch 5: Clasp Arms Behind- Front Stretch  
Stretch 6: Clasp Arms Foward- Back Stretch