

### 30:30:30 – RU Fit Virtual Workout - #5

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

<b>Warm Up Total Time: 3 min</b>	<b>Perform 30 sec of each exercise for a total of 2 rounds.</b>		
<b>Warm up Block</b>	Exercise 1 (30 sec)	Exercise 2 (30 sec)	Exercise 3 (30 sec)
<b>Exercise</b>	Squats	Standing Straight Leg Toe Touches	Jack with Arm Circles
<b>Description</b>	Stand with feet shoulder width apart. Push the hips back, bend the knees to bring the weight into the heels. Keep the chest lifted and brace the core. As you stand, drive through the heels and squeeze the glutes <b>Modification: Reduce Depth</b>	Stand with legs together and one arm extended. Step and kick the opposite leg straight up. Try to touch the toe with your hand then return as you lower back down towards the ground. Repeat, alternating sides <b>Modification: Raise the Leg to a Comfortable Level</b>	Start with feet together, jump feet out wide as arms complete a full circle. Jump the feet back in together and bring the hands to the side <b>Modification: Tap the feet instead of jumping</b>

<b>Workout Out Total Time: 24 min</b>	<b>Participants will complete 30 sec of exercise 1 (upper body) followed immediately by 30 sec of exercise 2 (lower body) and finish with 30 sec of exercise 3 (core). 30 sec of rest in between each round. Complete a total of 3 full rounds of each block.</b>		
<b>Blocks:</b>	30 sec (upper)	30 sec (lower)	30 sec (core)
<b>Block 1</b>	Fast Punches	Static Sumo Squat with Heel Lift	Tornado Twist
<b>Descriptions</b>	With slight bend of the knees, punch the arms out in front as fast as you can. <b>Modification: Slow Punches</b>	With toes pointed outwards in a squat position, lift the heels past toe height and return to bottom position while maintaining a squat hold. <b>Modification: Squat Pulses</b>	With the hands clasped together and arms straight, twist the upper body to each side. Keep the eye gaze to the front of the room, and bend the knees for a strong foundation <b>Modification: Bend arms</b>
<b>Block 2</b>	Pike Push Up	Alternating Knee Drive Bridges	Laying Leg Lifts
<b>Descriptions</b>	In push up position, lift the hips to form a upside down V figure. Bend your elbows and lower the body until the top of your head nearly touches the floor. Pause, and then push back up <b>Modification: Push up on Knees</b>	Lie face up on the floor, with knees bent and feet flat on the ground. Extend one leg all the way out, and as you bring the knee in, lift the hips to perform a bride like motion. Drop the hips and extend the leg back out. <b>Modification: Glute Bridge</b>	Lying on your back and arms stretched out, raise the legs. Keeping the legs as straight as possible as you lift until the feet are pointing at the ceiling. Lower the legs back towards the ground. <b>Modification: Bend the Knees</b>
<b>Block 3</b>	Plank Walks	Bear Crawls	Butterfly Sit Up
<b>Descriptions</b>	Start in a plank position, resting on the forearms, 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>	Begin in tabletop position on hands under the shoulders and knees under the hips. Using opposite arm and leg, take a step forward for a few reps, and then go backwards. <b>Modification: Hold Table Top Position</b>	With the heels together and knees out, perform a sit up by tucking and lifting upper body up towards the thighs. With the upper body completely off the ground, slowly lower back down towards the ground <b>Modification: Butterfly Crunch</b>
<b>Block 4</b>	Tricep Dips	Fire Hydrant with Leg Extension	Mountain Climbers
<b>Descriptions</b>	Sitting on the ground with knees bent put the hands behind your back. The fingertips are points towards your feet. Lift the hips slightly off the ground. Bend the arms until the lower body touches the ground, than push through the palms to full extension <b>Modification: Bend Knees More</b>	Start in table top position, raise your leg to the right side, stopping at hip height, straighten the leg as much as you can, than bend it back to 90 degrees and lower the leg down. Repeat on other side <b>Modification: Keep Knee Bent</b>	Start with feet together, jump feet out wide as arms reach overhead. Jump the feet back in together and bring the hands to the side <b>Modification: Hold Plank</b>

**Stretch Total Time: 2 min**

1) Childs Pose

2) Low Lunge (R+L)

3) Downward Dog





## RU FIT VIRTUAL WORKOUT 5

### 30:30:30

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

Participants will complete 30 seconds of exercise 1 (upper body) followed immediately by 30 seconds of exercise 2 (lower body) and finish with 30 seconds of exercise 3 (core). Rest and recover for 30 sec in between each round. Complete a total of 3 full rounds of each block.

<b>Total time: 3 min</b>			
<i>Perform 30 sec of each exercise for a total of 2 rounds.</i>	<b>WARM UP -2x</b>		
	30sec	30sec	30sec
	Squats	Standing Straight Leg Toe Touches	Jack with Arm Circles
<b>Total time: 24 min</b>			
<b>WORKOUT- 3x</b>			
<b>Block</b>	<b>30sec (Upper)</b>	<b>30sec (Lower)</b>	<b>30sec (Core)</b>
<b>Block 1</b>	Fast Punches	Static Sumo Squat with Heel Lift	Tornado Twists
<b>Block 2</b>	Pike Push Up	Alternating Knee Drive Bridges	Laying Leg Lifts
<b>Block 3</b>	Plank Walks	Bear Crawls	Butterfly Sit Ups
<b>Block 4</b>	Tricep Dips	Fire Hydrant with Leg Extension	Mountain Climbers
<b>STRETCH</b>			

Stretch 1: Childs Pose  
Stretch 2: Downward Dog  
Stretch 3: Low Lunge (R+L)