



Here Is Your Workout

Equipment: Sliders, Med Ball

Tuck Abs



1 - Start in the top of a push up position with your arms straight, hands directly beneath your shoulders and toes on sliders.

2 - Drag your feet in towards your hands, bending at the knees.

3 - Slide your feet back out to where your legs are straight and repeat.

#	REPS	WEIGHT	TIME	NOTES
1				
2				
3				
4				
5				
6				

Side Lunge & Reach Legs



1 - Stand upright holding the ball at chest height with your elbows bent and one foot on a slider.

2 - Slide the foot on the slider out to the side with this leg straight, lowering your body down with your weight on the stationary leg and extend the ball out in front with your arms straight.

3 - Drag your extended foot back in to the start position and return the ball back in to your chest.

• Complete all reps on one side before switching to the other side.

#	REPS	WEIGHT	TIME	NOTES
1				
2				
3				
4				
5				
6				

Kneeling Slide Out Abs



1 - Kneel with your forearms on sliders, feet down and your back flat.

2 - Slide your arms forward as far as you can without touching your chest to the floor while maintaining a flat back.

3 - Drag your arms back in to the start position.

#	REPS	WEIGHT	TIME	NOTES
1				
2				
3				
4				
5				
6				

Curl Extension Legs



• Lie on your back with your heels on sliders, legs straight and your hands at your sides.

1 - Raise your hips off the floor, making a straight line from your feet to your shoulders.

2 - Pull your heels in towards your hands, bending at the knees and extending your hips fully.

• Slide your feet back out to straight legs, lowering your hips back to the floor and repeat.

#	REPS	WEIGHT	TIME	NOTES
1				
2				
3				
4				
5				
6				

Runner Cardio



• Support your body in the top of a push up position with your hands directly beneath your shoulders, arms straight and toes on sliders.

1 - Drag one foot in towards your hands, bending at the knee.

2 - As you slide this foot back out, drag the other foot in towards your hand.

• Continue alternating sides as if you were running.

#	REPS	WEIGHT	TIME	NOTES
1				
2				
3				
4				
5				
6				



Reverse Lunge & Press

Combo



1 - Stand upright holding a med ball in both hands at your chest with one foot on a slider.

2 - Slide your foot back, dropping your knee and raise the ball overhead, extending your arms fully.

3 - Drag your foot back in, coming upright and lowering the ball to your chest.

- Complete all reps on one side before switching to the other side.

#	REPS	WEIGHT	TIME	NOTES
1				
2				
3				
4				
5				
6				