



TILT Fitness Workout

9 Exercise Circuit

Sets - 3

Exercise Duration – 30 sec

Rest between Exercises – 0 sec

Rest between Sets – 120 sec

EXERCISES

- 1. PLANK**
- 2. COBRA**
- 3. PUSHUPS**
- 4. STAND UP/SIT DOWN**
- 5. STEP-UPS**
- 6. CRUNCHES**
- 7. MOUNTAIN CLIMBERS**
- 8. BURPEES (8-COUNT BODYBUILDERS)**
- 9. SQUAT TUCK**

INSTRUCTIONS

Warm up before, and stretch after your workout.

Perform each exercise for 30 seconds at a **medium to fast pace**, **immediately transitioning from one exercise to the next**. In other words...there is no break between exercises.

Rest for 120 seconds. Repeat circuit 2 more times - for a total of 3 sets.

NOTES

Pace yourself! If you start feeling fatigued...**DON'T STOP**. Adjust the pace so that you can continue (and complete the full circuit).

This is a basic but tough workout (as one individual circuit totals 4.5 minutes of continuous exercise). If you are unsure of your ability to finish, it is advisable to perform the first set at a slow to moderate pace. This will give you a good idea of whether you should increase - or maintain - the tempo in the second and third sets.

It is important...no...**imperative** – that **you keep breathing during the whole circuit**. Oxygen is vital for muscles to work. This cannot be stressed enough.

EXERCISE DESCRIPTIONS

1. PLANK

Start

1. Lie on your stomach with your feet together and forearms placed on the ground.
2. Clench your fists under your shoulders, draw-in your navel and contract your glutes (butt muscles).

Movement

1. Lift your body off of the floor and raise up until your body forms a straight line from head to toe.
2. Hold the up position.

The Plank is the perfect core exercise (if there is such a thing!). In fact, do perform the Plank correctly requires using all the body's core stabilization muscles. The key is to not stop breathing. Make sure you keep your body nice and straight (like a plank). This may start off being hard, but like any exercise...the more you do it, the better, stronger and fitter you get!

2. COBRA

Start

1. Lie on your stomach with your arms extended forward (away) from your body, palms facing the floor.
2. Draw-in your navel, contract your glutes and pinch your shoulder blades together.

Movement

1. Lift your chest and hands off the floor at the same time and swing your arms behind, keeping your arms straight and head in line with your body. As you raise up, also raise and extend your legs (toes pointing away).
2. Lower yourself down to the starting position. Repeat.

The Cobra is also an excellent core exercise. The key here is to breathe, and to keep the core engaged throughout the whole exercise movement. Keeping the core (abs) engaged will prevent you from arching your back and neck.

3. PUSHUPS

Start

1. Begin in push-up position with feet together and toes on floor; hands slightly wider than shoulder-width apart.
2. Draw-in belly button and squeeze glutes.

Movement

1. With flat back, slowly lower body toward floor, lowering and squeezing shoulder blades.
2. Push up to starting position. Repeat.

The Pushup is like the Plank – with movement. The key here is to keep your body straight, head in line with your body (don't drop your head), and keep breathing (in on the way down, out on the push up). If you're a beginner or you start feeling fatigued, you can drop your knees to the ground (keeping the body in a flat position).

4. STAND UP/SIT DOWN

Start

1. Begin in a seated position on the ground.

Movement

1. Push off with your arms and legs and stand up.
2. Sit back down to the starting position. Repeat.

This is a simple movement: stand up – then sit down. It's simple – but tough...because you have to do it over and over! The key to this exercise is to breathe (!), and get into a rhythm.

5. STEP-UPS

Start

Stand in front of a step with your feet straight, placed hip-width apart.

Movement

1. Contract your glutes and step up (2 feet on step).
2. Step down. Repeat.

Again, this exercise is a simple movement. Remember to keep moving – and keep breathing!

6. CRUNCHES

Start

1. Lie on your back with knees bent – feet on the floor (or feet off the ground with knees bent).
2. Arm position choice: Cross arms on chest, arms at side or hands behind head.

Movement

1. Draw in belly button and tuck chin.
2. Raise upper body forward and up.
3. Lower upper body to floor. Repeat.

The crunch is a well-known and well-used core/abs exercise. The key here is to breathe out on the way up and in on the way down – and to “crunch” (contract) your core muscles at the beginning of every repetition.

At his point in the circuit, you might be feeling pretty good about yourself.

Now the tough part begins...

7. MOUNTAIN CLIMBERS

Start

1. Begin in push-up position with feet together and toes on floor; hands slightly wider than shoulder-width apart.
2. Draw in belly button and squeeze glutes.

Movement

1. Lift one foot off the ground – and bring knee up to the elbow of the same side.
2. Return (extend leg) to the starting position.
3. Repeat movement – alternating legs.

The Mountain Climber is like a Pushup – except you're moving your legs instead of your arms. Remember to keep breathing. Try to keep your body as straight as you can (keep your butt from raising up). Get into a rhythm. And don't stop!

8. BURPEES (8-COUNT BODYBUILDERS)

Start

Begin in standing position.

Movement

1. Bend knees and place hands on ground in front of feet. Kick feet out – into a pushup position.
2. Perform a pushup.
3. After the pushup, “jump” feet apart – then back together again.
4. Jump feet forward. Rise to a standing position.
5. Repeat steps 1-4.

'Burpees' (also called Squat Thrusts) is a higher intensity full-body dynamic exercise. Due to its intensity, you'll need to pace yourself. If you start feeling the burn in your legs (and you will) and you feel you can't maintain the pace...slow down. Another option is to “step out” your legs in the thrust (kicking feet out) part of the exercise (one leg at a time) – then step in. This is an awesome exercise!

9. SQUAT TUCK

Start

Begin in standing position with feet shoulder-width apart.

Movement

1. Lower (squat) down, until knees are bent at a 90 degree angle.
2. Hold hands together in front – without touching any part of legs with hands/arms.
3. Hold position.

The Squat Tuck is a perfect isometric (stationary) exercise. It's the classic 'ski tuck' position. Because you are in a stationary position, the key here is to maintain perfect form. This will be hard – because you are already fatigued and your muscles are screaming at you. Hold the position – and keep breathing!!!