

## Workout 2 – Level 1

### A. Raised Push Up

10–12 reps

2-3 sets



(a)



(b)

Place your hands on the bed / table and step your feet back, so that body is in a straight line as shown (a). Keep butt cheeks clenched, abs braced and your heels lifted.

Begin the movement by bending the elbows and lowering the chest down towards the table or counter edge, concentrating on not letting the body bend forward at the hips (b).

Pause within inches of the surface and then push up, continuing to keep the abs braced and the butt tight. Pause and repeat.

### B. Toe Touchers

08-10 reps e/s

2-3 sets



(a)



(b)

Step forward with your left leg, and lift your right heel, keeping your right leg straight (a).

Then bend the left knee slightly and reach forward towards the left toes, keeping the back straight (b). Pause then step back to stand up straight, and repeat.

Complete all reps on the left side and then switch the leading leg.