

**Description**

Welcome to the Old School Challenge. Rock out to boy bands of the 80s/90s (Backstreet Boys, NSync, or Boyz to Men) or big hair bands like Arrowsmith, Bon Jovi, and Metallica, Kiss, and Guns and Roses. (Feeling more of the Creed or Offspring vibe? They're great too!)

**Warmup**

10-15 minutes devoted to getting your heart rate going!

**Option 1:** DANCE round your living room or the great outdoors. Don't worry about the moves just swing those arms, stomp those feet, or twerk your heart out.

**Option 2:** Not sure you've got the moves? (Aww cmon, I bet you do!) Feel free to rock out with jumping jacks, knee raises, jogging in place, jump rope, skipping down the street, or a fun bike ride.

Feeling really groovy? Add another 15 minutes or more to the cardio section for a real calorie blast!

**The Exercises (General Description)****1. Pushups**

- Options for knees down or full plank style. Make sure arms are wide, elbows out to side as you lower down. Watch that your head is not reaching for the ground before the rest of our body so you don't get a crick in your neck!

**2. Table Top Crunches**

- Laying on your back, knees bent at tabletop level, feet flexed, arms wide behind head. Lift head straight up, while imagining belly button meets spine with each crunch!

**3. Plié squats**

- 2nd position ballet style, also known as sumo squats or goddess squats. Slight tuck of the tummy and squat straight down keeping knees wide!

**4. Bicycle sit-ups in table top position**

- Return to the same position as Table Top Crunches. With each crunch the opposite elbow meets opposite knee. Right side, then left side = 1 crunch!

**5. Leg raises while stretched out on side.**

- Lay on your side and stack your legs one on top of the other. Lift the top leg as high as possible. One set consists of 10 with pointed toes, 10 with flexed feet, and then top leg crossed over bottom, lift bottom leg (10 point and 10 flex)

NEXT PAGE IS YOUR OPTIONS FOR HOW TO DO THEM!!!🤗🤩🔥🥰

**Option 1 - Fit and Fabulous** 🥰

**Aim for 10-15 perfect form of each exercise in the order listed. Repeat 3xs**

Want to “up the burn” without going to the next level? Add variations:

1. Pushups: Change the speed trying them faster or slower.
2. Table Top Crunches: Lift up and hold for a count of 5 before lowering down each time
3. Plié Squats: After the last one, hold in squat position and pulse 10-15x
4. Bicycle sit-ups: Add a kick out of the leg not being met by the elbow
5. Leg Raises: After the last one of each type, hold at the top and pulse

**Option 2 - Strong and Sexy** 🐱

Using Option 1 as your warmup round, then go for a timed round aiming for fatigue. For example, set a timer for anywhere between 30 seconds to a minute . Then, for each exercise, complete as many of that exercise - with good form - as possible in the allotted time.

Want to “up the burn” w/o going to the next level? Using the “time to fatigue” method, add the variations. Need more? Add 1 min cardio blasts of dancing, jumping jacks or jogging between sets!

**Option 3 - All Lit Up** 🔥

Are the moves still too easy? Needing a blast of energy? Try these variations for a round or 2 or 3:

**1. Pushups**

- Slowly lower down, hold for a count of 5-10, then exhale while pushing up.

**2. Table Top Crunches**

- Grab a pillow and hold in hands while extending arms behind you and legs in front (about an inch above ground). Engage your core and keeping arms and legs extended as you crunch up, pass the pillow from hands to feet, extend, then pass from feet back to hands to complete one crunch up.

**3. Plie Squats**

- For each squat, hold and lower for a count of 10, then raise the right heel and put it down, raise the left heel and put it down, pulse for five and lift up!

**4. Bicycle situps**

- Instead of starting in reverse table top position, start in navasana to add an element of balance! (This is essentially “boat pose” in yoga...basically making your body into a “V” shape with your arms behind your head and legs extended out and up in front of you at an angle) Make sure to include the kick out of the leg not being met by the elbow.

**5. Leg Raises**

- Instead of laying down, stand and shift the balance to the right. Then point your left toe and raise the leg in front of you ten times, to the side of you ten times and behind you ten times (engaging your glutes!). Be certain to keep the upper half of your body standing tall with the core activated! Repeat on the other side

**Bonus “The club can't even handle me right now” moves 🤔**

Feeling your sexy self has got a bit more to give? Here's some fun ways to sneak in a little extra without being extra (lol):

- Add a second cardio blast dance off to the end of your workout.
- Find your favorite flight or two of stairs and run them as fast as possible at least 10 xs in a row or more!
- Pick your fav song of the era and HOLD either forearm or high plank for the ENTIRE song. (Make sure your entire body is engaged and come out of it the moment you can no longer hold in perfect form). You'll be “Living on a Prayer” as your muscles tremble.
- Have chalk? Draw the LONGEST version of hopscotch you can create on your sidewalk and challenge your roomies (or kids) to a nonstop 10 minute round on repeat!

**Cool down is key!**

For 5-10 minutes (or more if you're just feelin' it)

Make sure to do some light yoga moves, a fast paced walk, or good old fashioned PE stretches to keep muscles from tightening up!

And hydrate hydrate hydrate! Water, juices, teas, or mocktails! Definitely NO CORONA! ;)

