

Description

Your mission, should you choose to accept it, is to kick the 🍷🦹 villain's a\$\$ this week with a workout that proves you are 001 on the spy roster of coolness.

Warmup

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

Option 1: Speed is your friend when chasing bad guys. Hanging indoors? Jog in place, jumping jacks, alternate between high knees to kick backs, or find a stairwell to climb.

Option 2: Able to bring the adventure outside? Practice sprint runs between telephone posts, bike around the block, or crank up the music and show the neighborhood how real spies rock out.

Feeling really hardcore? Add in at least 5-15 minutes of literally kicking the 🍷🦹 a\$\$ by performing side kicks, squat holds with shadow boxing, or kick backs!

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

- In either forearm plank or high plank, hold in good form for 30 seconds minimum. Press down fully on palms or forearms, quads are engaged, tummy slightly tucked, and heels parallel to a wall. (PRO TIP: Not sure if your plank is up to snuff? Back your feet against the wall and practice good form by pressing backwards using the wall as resistance.)

2. FRONT LUNGES

- Standing tall with tummy slightly tucked, step forward with right leg until your front knee is at a 90° angle and back knee is hovering above the ground. Then push off with front foot to return to standing. Alternate feet.

3. BRIDGES

- Lying on your back with hands stretched out by side palms down, bend knees and plant heels firmly on the ground close to your glutes. Slightly shift weight forward so it is not in your head, and press feet into ground evenly as you raise your hips up. Then lower back to starting position.

4. STANDING WALK OUTS

- Standing tall, bend forward until hands touch the ground (bend knees if needed) and keeping feet still, walk hands out to a plank. Hold for a breath, then walk hands back to feet and roll up to standing.

5. SIDE LUNGES

- Starting from standing, step right leg out to the side as far as possible and bend right knee. Then push off from right foot and return to standing. Repeat on opposite side for 1 rep.

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

Ready to graduate from boot camp for spies? Add variations:

1. Planks: Add knee taps by alternating tapping one knee at a time on the ground.
2. Lunges: Add five pulses with each lunge.
3. Bridges: Holding at top after last set, pulse inward slightly to engage glutes and inner thighs for 10 15 reps.
4. Standing walkouts: Once in the plank, bring left knee to left elbow and then right knee to right elbow before walking back up.
5. Side Lunges: Instead of alternating sides, repeat all reps on one side before going to the other.

Option 2 - Strong and Sexy 😈

Congrats on making it to your first solo mission. Using Option 1 as your warmup round, then go for a timed round aiming for fatigue. 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.

Ready to tag along on a mission? Prove your motivation with these variations:

1. Planks: Instead of knee taps, go for plank jacks jumping feet to a V and back. (Make sure your bum doesn't start popping up in the air...hold that core tight!)
2. Lunges: Once you lunge forward, shift your weight to your front foot and bring back knee up to the opposite elbow for a lunge with a twist! Then step that same foot back in the lunge before returning to standing.
3. Bridges: with hips raised, shift weight to right leg and extend left. Then raise and lower for a half set with left leg raised. Then set left leg down and extend right leg to complete the set.
4. Standing walkouts: Add a pushup at the top of the plank before returning to standing.
5. Side Lunges: Alternating sides, step out to side lunge. Then push up to standing BUT before touching down, extend that same leg into a side kick. Then set the foot down and repeat on the other side.

Option 3 - All Lit Up 🔥

Ready to receive your license to kill the 🚒🦠??? Try these variations for a round or 2 or 3:

1. PLANKS

- Hold plank for 30 seconds. Then still in plank perform mountain climbers for 30-60 seconds AND THEN hold plank for 30 seconds to complete 1 set.

2. FRONT LUNGES

- Lunge forward with right foot, then jump straight up and switch feet landing in the lunge with the opposite foot now forward. And then repeat to return to the first foot in order to complete 1 rep.

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3. BRIDGES

- Lift hips up to bridge, then alternating legs "march" 10 times before lowering down to complete one set.

4. STANDING WALK OUTS

- Walk out to plank, complete a push up. Then still in plank bring right knee to right elbow and kick out to side by extending the leg. Return to plank. Repeat on other side before walking back upright to complete ONE REP.

5. SIDE LUNGES

- Repeat like in option 2, but after side kick instead of returning to standing, crunch inward to bring that knee to the opposite elbow for some killer oblique action. Then put the foot down and repeat on the other side.

Bonus "007 saves the world again" moves 🤔

You've saved the world...now what? Don't let the next bad guy get the drop on you by adding in speed or endurance training.

- Shadow box for 10 minutes alternating with jabs, front kicks, back kicks and roundhouses.
- Find a low bench or step and jump up it and back down off it 10-15 times.
- Squat down, and then jump 180° landing in a squat. Then repeat to return to the way you were facing to complete 1 rep.
- Supported half handstands. With heels against wall and hands firmly planted on the floor, begin to walk your feet up the wall until your body is at a 90°. Hold for 10-30seconds, then walk feet back down the wall and stand up to complete one set.

Cool down is key!

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

Walk around the block, yoga or general stretches, or another waltz around the kitchen to bring the body back to resting until...your next mission.

And hydrate hydrate hydrate! Water, juices, teas, or a martini - shaken not stirred! Definitely NO CORONA! ;)

