

Exercise Modifications/ Alterations

5-Minute Lean Body Bursts (Thrive in 5's):

One Leg Dip

- Lying Hip Press, Pulses: See lying hip press from above except instead of holding , you will perform pulses

Groiners

- Incline Groiner: Find a bench, bed or something that is about waist level or higher. Place a towel on the surface for padding and put position in a plank on your elbow/ forearms. In that position, step your right foot toward your right arm and then hold 3 seconds before returning it to its starting position. Alternate sides.

Burpees

- Stability Stands: Start kneeling next to bench or bar that you can grasp. Step on foot up and drive yourself up with that planted leg, Come to standing trying to use your legs as much as possible (use the bar/ bench only if you need to). Alternate the initial “driver” leg each time.

Reverse Pushup

- Chair Squats: Stand just in front of a bench or chair with your feet shoulder width, arms by your side, palms facing backwards. Squat until you feel your butt, graze the chair while at the same time, bringing your arms out in front of you (palms down). Dive up to a standing position and return your hands by your side.

Cross-Wide

- Opposite arm opposite leg hold: this is also known as a “bird dog hold”

Mt climber & Mt. Climber Hops

- Cat-Camel: Stretch and really focusing on keeping your core tight as you round and arch your back.

Step Through

- Sprinter Start Stretch: Hold each side for 15 seconds.

Super Sexy Workout Guide (6-min Flat Belly System):

Mt. Climbers

- Lying Hip press- Lay on your back with your knees bent and feet on the ground. Press your hips up as high as you can and hold there keeping your core tight and you glutes and hamstrings (butt and back of your legs) activated (flexed)

Donkey Kicks

- Start on your hands and knee s and perform the same motion

Planks

- Incline plank on your elbows/forearms. Find a bench, bed or something that is about waist level or higher. Place a towel on the surface for padding and put position in a plank on your elbow/forearms

Burpees

- Start kneeling next to bench or bar that you can grasp. Step on foot up and drive yourself up with that planted leg, Come to standing trying to use your legs as much as possible (use the bar/ bench only if you need to). Alternate the initial “driver” leg each time.

Crab Position Pass Throughs

- Lie on your back and bend your right leg and plant your right foot on the ground. Extend your left leg, keeping it slightly off the ground. Lift your left leg about 6 inches and then lower to it's starting position. Repeat for appropriate time or reps. Repeat for the right

leg. You can place you hands by your side or under your lower back/
butt for comfort.