

Week 2 - Body at Home Challenge

Day 5 - Abs & HIIT

This is the last workout of Week One. I hope you're feeling good about what you've accomplished so far on the program. Keep in mind that tomorrow is a rest day, but your workouts are going to get more intense with each subsequent week. I want you to give this program everything you've got. This is your opportunity to transform your body and fitness level, and make a beneficial shift in the way you approach every aspect of your life.

A lot of people's failures start in their mind, but you can overcome that. Exercise produces brain chemicals that make you feel better. When you emphasise good habits and reduce bad , you'll wake up with a more positive attitude that's geared toward enjoying your life and crushing your goals. And when bad things happen, which they inevitably will, you can take a deep breath and find a solution to the problem. Use these roadblocks as an opportunity to learn, sharpen yourself and become more successful at handling life's unexpected issues.

MY LAST PIECE OF ADVICE FOR TODAY IS: CRUSH THIS LAST WORKOUT AND EARN TOMORROW'S ACTIVE REST DAY

1. Drop set: Targets Obliques, rectus abdominis

Exercise	Sets	Reps	Rest
Bicycle crunch (with band)	3 sets	10 - 12 reps	no rest
Bicycle crunch	3 sets	10 - 12 reps	60 seconds

BICYCLE CRUNCH (WITH BAND): Using a medium-gauge band attached to a low point slip a band handle over each of your feet. Slide away from the band attachment point so you have adequate resistance and then perform bicycle crunches, bringing your elbow to your opposite knee. This will be more challenging because your legs will feel the tension as you lengthen the band. Keep your form tight and emphasize using your abs for this exercise.

BICYCLE CRUNCH: Instead of performing the more typical superset, you'll perform a drop set for this move. Simply slip the handles off your feet and perform another 10-12 reps without the tension or resistance of the bands.

STEP 1: LUNGE: Step in the middle of a medium gauge band.

2. Dropset: Obliques, rectus abdominis

Exercise	Sets	Reps	Rest
One-sides Russian Twists	3 sets	10 reps per side	no rest
Russian twists	3 sets	15 reps	60 seconds

ONE-SIDED RUSSIAN TWIST: Wrap one side of a band around a sturdy object at about 4-6 inches above the ground. Loop the free handle through the attached handle. Slide out far enough so that the band is tight. Sit sideways to the attachment point and get into the Russian twist position (back on the floor, hands placed by your waist to anchor you). Twist from your center away from the band-attachment side, lowering your straight legs while feeling the increased tension by adding the band. Once you've completed all the reps for one side turn the other way 47 and repeat on the other side.

RUSSIAN TWIST: Get on the floor on your backside. Rise up until your bent legs and upper body come off the ground, and your only point of contact is your butt-this is known as boat position. Twist your torso to one side and contract your midsection emphasizing your obliques on the twisting side. Then, holding your midsection tight, twist to the other side and contract the abs muscles on that side. If you have a problem holding the boat position then you can allow one heel to barely touch the ground for stability. Switch heels with each rep. Complete 10 reps to each side for a total of 20.

3. Superset - Shoulders

Exercise	Sets	Reps	Rest
Lateral- Raise	3 sets	15 reps	no rest
Wide Upright Row	3 sets	10 reps	60 seconds

LATERAL RAISE: Stand on a light-gauge band and perform a strict lateral raise for 15 reps per set. Pause at the top of the movement while contracting your delts and use slow negatives (the lowering portion). I recommend taking about 3 seconds to lower your arms. Don't allow your arms to come to a full rest at the bottom, keeping your delts engaged as you begin the next rep.

WIDE UPRIGHT ROW: For this move you'll perform 12 reps for each set, and you'll perform each set immediately after lateral raises. Then you'll rest for 60 seconds before your next superset. Stand on a medium-gauged band and perform a strict wide upright row. Your elbows should be higher than your hands throughout the move, and your hands should pull up to your lower chest level.

4. Countdown set: Targets Rectus Abdominis

COUNTDOWN V-UP: For each of these 2 sets, you'll do the following:

Perform a V-up and, while holding the position, perform 5 crunches with your legs in the raised position, lower and release.

Perform a V-up and then 4 crunches with your legs in the raised position.

Perform a V-up and then 3 crunches in the raised position.

Perform a V-up and then 2 crunches in the raised position.

Perform a V-up and then 1 crunch in the raised position.

4. Superset: Core and Obliques

Exercise	Sets	Reps	Rest
Side Plank Crunch	3 sets	15 reps	no rest
Crunch	3 sets	20 reps	60 seconds

SIDE PLANK CRUNCH: Brace yourself on the floor with one foot on the ground and the same-side forearm anchoring you. Your body should form a straight line at the beginning of the move, angling up from your feet to your head. Place your other arm behind your head and crunch across your body bringing your elbow toward your opposite-side (closer to the floor) hip. Crunch your abs for a 2-count, and then stretch back up slowly to the starting position. Perform all reps on one side, and then switch and perform all reps for the other. Alternate your starting side from one superset to the next.

CRUNCH: Get into standard crunch position with knees extended slightly away from directly above your hips. Crunch up and hold for a beat, then release slowly, feeling the stretch in your midsection. Keep your pace moderate to slow, and avoid using momentum or pulling your head with your hands-the effort should come from your core. For added resistance try using a band (shown).