

Game/Activity: Jillian Michaels Shape-up Front

Grade Level: Secondary

Description:

Warmup Circuit (do 2x)

30 sec High Kicks

30 sec Skaters

30 sec Front Plyos: Jump and tap step in front of you alternating b/w L&R

30 sec side Plyos: same as above but go over the step & tap floor with alternating feet

Circuit #1 do 2x

10 Pushups on step

10 Plank on step with knee up to chest

10 squats

30 mtn climbers on step (plank position)

(with light hand weights)

10 dumbbell flys with back on step

20 weighted twists

10 sumo squats

10 squat thrusts (plank on step and jump both feet up and back out to plank ...mod mtn climbers)

10 backward lunges with leg extension with dumbbells (lunge back & kick out)

10 same above switch legs

30 jumping jacks with dumbbell press

Circuit #2 (do 2x)

20 Bench dips

20 inchworms on step (sit on step, legs out and back, hands hold bench)

20 Alt. forward lunges and shoulder raises/arms raise out to sides)

30 jump rope with weights

30 tricep kickback (body is bent over, knees bent)

10 R lunge pressing triceps (lunge and press triceps /arms straight back palms face back)

10 L Lunge ... same

30 standing mtn climbers (with/without dumbbells)

10 inner thigh R. (sit on bench bend left knee right out straight foot point to side.)

10 inner thigh L.

20 bicycles (on back on sep arms behind head/ elbow to alt knee)

Stretch / cool down

****Exercises taken from Jillian Michaels Shape Up Front Video*

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