Tom’s Workouts\*\*\*\* **Must stretch every day using the rope routine\*\*\*\***

Monday – Wednesday - Friday

30 isolated sit ups, get on your back, with your knees at 90 degrees, and your arms folded across your body, point your elbows to the sky and reach toward the sky.

30 sit ups as above except have your right arm behind your neck and your left arm pointing straight past your right knee, now rotate your sit up to have your pointed arm reach past your right knee until your elbow is close to the right knee, depending upon your flexibility and strength you may or may not be able to reach past your right knee.

30 sit ups in the opposite direction.

Prone (face up) pedestal with 2 x 10 leg lifts with each leg

Supine (face down) pedestal with 2 x 10 leg lifts with each leg

Lateral Lunges 10 to the right now 10 to the left

15 lateral leg raises, laying on your side left your leg laterally with your toe pointing neutral

15 lateral leg raises, with your toe pointing in or down

15 lateral leg raises, with your toe pointing out or up

10 iron crosses, lie down in a supine (face up) position with your arms straight out, next take your right leg and bring it over toward you left hand for a count of one, now reverse and bring you left leg to your right hand for a count of 2, repeat until you get to 20.

10 scorpions, lie down in a prone (face down) position with your arms straight out, next take your right leg and bring it over toward you left hand for a count of one, now reverse and bring you left leg to your right hand for a count of 2, repeat until you get to 20.

Tuesday – Thursday – Saturday

60 second, single leg stance, opposite leg 90 degrees, arms moving in running motion, then switch legs, you are to count 1000 and 1, 1000 and 2, and so on, you do not have to start over on your count, just start counting where you left off.

10 single leg bridges each leg, on your back, arms at your side, heels close to your butt, get on your right toe and straighten out your left leg, now raise your butt off the ground making your body straight, switch.

30 ice skaters

30 isolated sit ups, get on your back, with your knees at 90 degrees, and your arms folded across your body, point your elbows to the sky and reach toward the sky.

30 sit ups as above except have your right arm behind your neck and your left arm pointing straight past your right knee, now rotate your sit up to have your pointed arm reach past your right knee until your elbow is close to the right knee, depending upon your flexibility and strength you may or may not be able to reach past your right knee.

30 sit ups in the opposite direction.

20 Russian hamstrings on each leg. Supine position (facing up) on arms, rest one leg on toe of other foot, bend at the waist 20 times then switch legs.

20 mountain climbers, followed by 20 mountain climbers with your leg coming out to the side, repeat 1 more time.

30 second supine (face down) planks with right arm extended and left leg raised, then switch. rest 1 min and repeat.