Radiance Wellness Presents...

BOOTCAMP-*Ugi style*

Floor/ Mat

Cardio

Each interval is 1:00

1. Ugi Alternating Swings
2. Standing Ugi Twist + Diagonal knee drive
3. Alternating side lunges
4. Alternating forward lunges with twist
5. Clocks (30 secs)
6. Classic Crunch (Hands up)
7. Plank + criss cross
8. Russian Twist
9. Lower ab leg raise (hands overhead)
10. Woodchop L
11. Toe taps
12. Woodchop R
13. Plank + toe taps
14. Twist & Scoop (Chunks of 5)
15. Caterpillar abs
16. Up & over Ugi
17. Tic Tocs
18. Round the Ugi
19. V-sit + Tosses
20. Side plank L
21. Roll-backs + Power Thrust
22. Side Plank R
23. Alternating side squats with OH twist
24. V-ups Single leg L R (30 secs)
25. Swivel crunches (Ball under knees)
26. Dead Spiders
27. Plie squat to curl to press
28. Twisting Jumps
29. Dead bugs (Ugi on knees)
30. Dolphins

WORKOUT CORE A

This workout is a full cardio workout where the heart rate is elevated the entire time.

The emphasis is on the core strength , function and of course flattening!

We hit all core muscles from all angles and speeds and use supersets for a maximum core attack!

By Shari Feuz, Personal Trainer
shari@radiancewellness.ca

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