

# UGI Workouts *by Shari*

Floor/ Mat

Cardio

Each interval is 1:00

## WORKOUT #4 CARDIO, LOWER BODY

**Length:** 30-min.

**Level:** Easy to Super Hard

**Equipment:** Ugi, Mat, Timer

**Categories:** Home fitness, Cardio  
Core, Ugi

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

The emphasis is on the upper body including the **Quads, Glutes & Hamstrings**.

Remember your 3-point posture check:

- 1) Set the core (Belly button drawn in)
- 2) Shoulders relaxed and drawn back
- 3) Neck neutral (orange under chin)



1. Ugi Knee taps
2. Toe Taps
3. Ugi Paddles with knee bounce
4. Ugi alternating side lunges
5. Ugi Swings
6. Alternating side squats
7. Jumping V-Squats
8. Single leg Dead lift L
9. Lateral toe taps over Ugi
10. Single leg Dead lift R
11. Fast Feet
12. Split Squat L
13. Wood Chop L R (30 Secs)
14. Split Squat R
15. Alternating Lunges
16. Hamstring Curls
17. Straight Hip Leg Raise
18. 1 1/3 Squats
19. Up N' over Ugi
20. 3-Point Kneeling Butt blaster L
21. 3-Point Kneeling Butt blaster R
22. Side leg rollouts L
23. Side Leg rollouts R
24. Squat to press
25. 90/90 Hip Raise
26. Side lying kicks L
27. Side lying Kicks R
28. Hip Raise (Ball between knees)
29. Jump Squats
30. Squat to Press

COMPLIMENTS OF

radiance  
wellness

Created by Shari Feuz, B.A. Personal Trainer  
[shari@radiancewellness.ca](mailto:shari@radiancewellness.ca)

[www.radiancewellness.ca](http://www.radiancewellness.ca)

May you shine bright!