

# UGI Workouts *by Shari*

Floor/ Mat

Cardio

Each interval is 1:00

## WORKOUT #6

### CARDIO, LOWER BODY + XTRA CORE

Length: 30-min.

Level: Easy to Super Hard

Equipment: Ugi, Mat, Timer

Categories: Home fitness, Cardio  
Core, lower body, 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 + the muscles of the  
core.**

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 Swings
2. March + Knee Taps
3. Plie squat –alternate onto 1 foot + OH press
4. Alternating Side lunges
5. Alternating Forward lunge + shoulder press
6. Step-up with knee drive L
7. Plank + Criss Cross
8. Step-up with knee drive R
9. Ugi Skaters
10. Single leg deadlift L
11. Up & over ugi
12. Single leg deadlift R
13. V-Jump Squats
14. Hip raise from bridge (ugi on pelvis)
15. Crunch + Outside knee tap (bbk)
16. Hamstring curls
17. 3-point kneeling glutes L
18. 3-point kneeling glutes R
19. Woodchop L R
20. Split Squat L
21. Split Squat R
22. Jump Squats/Alternating Squat
23. Twist & Scoop (Progressive)
24. Round-the-Ugi
25. 1 1/3 Squats
26. V-Sit Twist + Toss
27. Hip raise, shoulders on Ugi
28. Froggies
29. V-Sit-ups (30 secs)
30. Dead spiders