WORKOUT #8

Level: Easy to Super Hard

Equipment: Ugi, Mat, Timer

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,

Remember your 3-point posture

2) Shoulders relaxed and drawn

3) Neck neutral (orange under

1) Set the core (Belly button drawn

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Glutes & Hamstrings.

Categories: Home fitness, Cardio

Length: 30-min.

Core, Ugi

check:

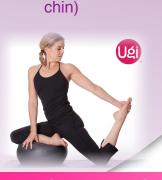
CARDIO, LOWER BODY

UGI Workouts by Shari

Cardio

Each interval is 1:00

- 1. March + Knee Taps
 - 2. Ugi Swings
 - 3. Plie squat with curl
 - 4. Alternating Side lunges
 - 5. Alternating Forward lunge w /press
 - 6. Plank + Criss Cross
 - 7. Ugi Skaters
 - 8. Single leg deadlift L
 - 9. Up & over ugi
 - 10. Single leg deadlift R
 - 11. Fast feet
 - 12. Glute raise Ball btw. knees /hips
 - 13. Crunch + Outside knee tap (bbk)
 - 14. Hamstring curls
 - 15. 3-point kneeling glutes L
 - 16. 3-point kneeling glutes L
 - 17. Woodchop L R
 - 18. Step-up with knee drive L
 - 19. Step-up with knee drive R
 - 20. Squat & Twist
 - 21. Side kicks L (from side plank)
 - 22. Side kicks R (from side plank)
 - 23. Jump Squats/Alternating Squat
 - 24. Shoulder raise with glute press L
 - 25. Round-the-Ugi
 - 26. Shoulder raise with glute press R
 - 27. Jumping twist
 - 28. Hip raise-shoulders on Ugi
 - 29. Dolphins/Froggies
- 30. Dead spiders



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