

UGI Workouts *by Shari*

Floor/ Mat

Cardio

Each interval is 1:00

WORKOUT #8 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. 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 R
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