

Sexy and We Know It Workout

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This is a full body circuit, including a cardio aspect. We have created a “sexiness scale” to go along with our theme to explain the intensities. We decided that a low intensity would be deemed a “Gibson”, in the middle is “Kravtiz”, and the higher intensity “Kerksick” to pay tribute to our awesome professors in the program. The list of exercises is explained below:

- Side Plank Leg Lift
 - Start by lying on your side and support your body with your feet together on the ground
 - Stabilize your body and engage your core
 - Then lift your top leg to about a 45 degree angle upward
 - Muscles used are abdominal, erectus spinae, hip flexors, leg muscles, and gluteus maximus.
 - Variations
 - Gibson: for more support place hand in front of you or do not lift leg
 - Kravitz: same as above

- Mountain Climbers:
 - Start in a Push-up Position and engage your core
 - Then flex one of your knees and bring it to your chest
 - After you bring that knee to your chest, extend the same knee so you return back to the push-up position.
 - You will then perform the same actions with the opposite knee.
 - Try to do these quick but controlled to help prevent injury and increase the effectiveness of the exercise.
 - Muscles used are abdominals, gluteus maximus, leg muscles, and arm muscles like the deltoid.
 - Variations
 - Gibson: Same as above
 - Kravitz: Cross body mountain climbers
 - Same as above, but when you flex your knee to your chest you will then bring your knee across your body.
 - Kerksick: Mountain Climbers with physioball

- Burpees
 - Start standing up
 - You will then squat down and place your hands shoulder width apart in front of your feet
 - Jump out to a push up position, engaging your core
 - Bring feet back up to squat position

- Jump up straight in the air with arms up and repeat the action
- Muscles used are hip extensors, arm muscles like the deltoid and pectoralis major, abdominal muscles, quadriceps, hamstrings, and gluteus maximus
- Variations:
 - Gibson: for less intensity take out the jump
 - Kravitz: same as above
 - Kerksick: add a push up before jumping up vertically
- Inch worm
- Russian Twist
 - Start in a crunch position sitting up engaging your core and keeping a neutral spine
 - Lift feet off the ground
 - Twist at the waist side to side and touch the ground with your arms keeping a neutral spine the entire time
 - Muscles used are abdominal, like the oblique muscles and postural muscles
 - Variations
 - Gibson: to decrease intensity keep your feet on the ground and continue the twist motion
 - Kravitz: Same as above
 - Kerksick: same as above but add a medicine ball for resistance, this also starts to engage the arm muscles
- Squat Jumps
- Jump Rope