

MONDAY

arm strength

- Tricep Dips- 20
- Traditional Push-Ups – 20
- Triangle Push Ups- 20
- Kickboxing Punches – 20 R, 20 L
- Plank – hold 1 minute
- Side Plank – hold 1 minute (R & L)
- 20 arm circles forward
- 20 arm circles back
- 20 bicep curls with water bottles as weights!

TUESDAY

kip up

- 20 push ups
- 20 tricep dips
- Start in squat roll to upper back and back to squat 20x
- Start in squat roll to upper back and roll to stand 20x
- Push up to a bridge 20x
- Kip Up to Bridge 10x
- From Crab Position push to stand up x10
- Lay on back, legs to sky, legs control down to floor 20x
- 20 squats

WEDNESDAY

improve your groove

CHEST CONTRACTIONS & ISOLATION

Start with feet apart and knees slightly bent. Relax shoulders.

- Exercise 1: Push rib cage forward, pull shoulders back for 2 counts. Reverse for 2 counts caving chest in, rotate shoulders forward/down, sit into hips bending more in the knees. Repeat exercise. Repeat again for 1 count each.
- Exercise 2: Shift rib cage R for 2 counts. Shift rib cage L for 2 counts. Repeat. Shift rib cage R then L for 1 count each for 8 counts. (Keep lower body stationary).
- Exercise 3: Combine exercises 1 and 2 with contraction/isolation in clockwise motion. Rib cage FRONT, RIGHT, BACK, LEFT. Hold 2 counts each then repeat 1 count each. Continue in fluid/circular motion. Reverse exercise.
- Exercise 4: Body rolls down for 4 counts – lead with chest then sit in hips. Reverse for 4 counts – lead with hips and roll up through chest. Repeat for 2 counts each.

THURSDAY

headspring

- 20 pushups
- 20 crunches
- 20 leg lifts
- 20 supermans
- Push up to bridge 10x
- Kip up to bridge 10x
- Full headstand balance for 30 sec. (may use wall)
- Headstand: lower/control legs to touch floor and back up 10x

FRIDAY

FBF freestyle

Show us your best hip hop moves with a little throwback music! Tag us @ varsityspirit and use #FBFFreestyle!

Song suggestions:

- Lil Mama – Lip Gloss
- DJ Kool – Let Me Clear My Throat
- Dillon Francis, Skrillex – Bun Up the Dance