

Full workout: 20 minutes

1. Isometric Hip Adduction

Position: Sit on a chair that allows your knees to be at about a 90 degree angle when you feet are resting on the floor. Place a couple of pillows (or two yoga blocks) between your thighs/knees, with enough cushioning so that when you press you knees together, they remain about hip width apart.

Push into the cushions with your knees. Crunch your abs while squeezing your knees together. Hands should be lightly grasping under the chair. Perform a staged timed static contraction using a stopwatch: 30 seconds at Light (25%) effort, 30 seconds at moderate (50%) effort, 30 seconds at "almost-as-hard-as-you-can (75%) effort and 30 seconds at all-out (100%) effort. Breathe freely throughout.

This exercise targets hip adductor muscles (inner thighs)

2. Isometric Hip Abduction

Position: Sit on a chair that allows your knees to be at about a 90 degree angle when you feet are resting on the floor. Secure a belt around your lower thighs, above your knees. Depending on the thickness of the belt, you may wish to put some padding--such as a hand-towel or t-shirt--where each of your legs pushes into the belt during the exercise.

Remaining seated, push your knees against the belt, and away from each other. Do not crunch your abdominals; instead extend your lower back as if you are pointing your chest slightly toward the ceiling. Your hands should be interdigitated and resting on your lower ribs. Perform staged timed static contraction as above: 30 seconds at Light (25%) effort, 30 seconds at moderate (50%) effort, 30 seconds at "almost-as-hard-as-you-can (75%) effort and 30 seconds at all-out (100%) effort. BREATHE! At all times.

This exercise targets hip abductor muscles (outer thighs)

3. Superman (lower back extension on ground):

Position: Lie face-down on the floor (prone position), with your hands by your hips.

Slowly, simultaneously raise your feet and legs and your head and chest from the floor. Progressively try to make your head and calves touch your butt. Squeeze as hard as you can after about 45 seconds

and hold as long as possible. Squeeze the butt and the lower back and hamstrings

This exercise targets your lower back.

4. Body Squats

Position: Use a post or door frame to balance. Space feet hip width, about 30cm back from the edge of the door where your hands hold the handle.

Go DOWN VERY slowly , KEEPING YOUR BODY STRAIGHT (LOOK STRAIGHT AHEAD, NOT DOWN) until hamstrings touch calves. Keep knees flexed at ALL times. Push up from squatted position with the slowest possible movement that you can engage in without actually being stopped. BREATHE! Rise until your knees are almost straight and immediately but SLOWLY return. BREATHE!!!!!!! Keep heels down and back straight, chest up, ESPECIALLY WHEN RISING FROM THE SQUAT POSITION. DO NOT LET LOWER BACK ROUND OR CHEST CAVE....KEEP BODY UPRIGHT AT ALL COSTS; STICK OUT THE BUTT AS YOU LOWER YOUR BODY...GO TO FAILURE.

This exercise works your entire lower body—all throughout your legs.

5. Push Ups

Position: start prone on the ground with the palms of your hands placed flat on the floor, somewhat inferiorly to your shoulders and slightly wider than shoulder width. Throughout the exercise, look down at the floor, not straight out away from your body. Stack a couple of pillows on the floor so that you know when to turn around (which your chest pushes on the pillows).

Push up against your knees, NOT your toes, *as slowly as possible*. Go until your arms are not quite straight, so that your elbows are still a little bit bent, then slowly lower. Repeat.

WHEN IT BECOMES too difficult on THE KNEES, push YOUR ARMS STRAIGHT FROM YOUR BELLY ON THE FLOOR...PUSH UNTIL THE ARMS STRAIGHTEN. ALWAYS PUSH SLOWLY AND BREATHE. Breathe freely! And breath faster and deeper as it gets tougher to do.

This exercise targets your chest and arms.

6. Abdominal Crunches

Position: Knees up, Lower back firmly pressed into ground. Hands by sides or lightly touching the ears (NOT HOLDING HEAD!!). You can use a rolled up towel under your low back to feel the low back pushing into the floor.

Crunch slowly with the following method: PUSH THE LOW BACK HARD INTO THE FLOOR AND THEN SLOWLY RAISE THE shoulder blades AND HEAD from the ground. Hold the top position as if trying to touch your chest to your hips. Keep knees together, feet flat on floor. Lower your body slowly, arch the back, repeat by pushing down the lower back and trying one more contraction (no more than 4 total contractions should be necessary, if they are performed slowly enough).

7. Isometric Wall Sit

Position: place your back flat against the wall, feet about hip width apart and .5 meters forward of the wall. Lower your body until your thighs are parallel to the floor and your knees are at a 90 degree angle.

Hold as long as you can until you must sit down. Breathe freely. And breath faster and deeper as it gets tougher to hold.

This exercise works your entire lower body—all throughout your legs.

8. If you still have energy, repeat dynamic push-ups to failure.

mini workout: 10-15 minutes

push ups
superman back extension
body squats
crunches

super short workout

body squats
push ups
wall sit