

Full workout; 20 minutes

1. Static (no movement) Hip Adduction; this is the one where you put a cushion between your legs and push into the cushion with your knees. Use two or more pillows and sit in a chair. Crunch your abs while squeezing with the knees. 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.
2. Static (no movement) Hip Abduction: this is where you use a belt around your knees, still sitting in the chair, using the watch to determine your timing. Tie the belt around your lower thighs above the knees. Do not crunch the body, instead extend the lower back like the leg curl machine that we do here. Hands interdigitated on your lower ribs. Perform staged contraction as above. BREATHE! At all times.
3. Superman (lower back extension on ground): Lie down on the floor, prone position, 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....move immediately to....
4. Body squats: use a post or door frame to balance. Elevate heels slightly if possible and space feet hip width, about a foot 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. Move even slower than leg press. 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.
5. Immediately go to push ups. Start on the ground with hands placed somewhat inferiorly to the shoulders and slightly wider than shoulder width. Push up on YOUR KNEES, NOT YOUR TOES as slowly as you possibly can, then 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. DO NOT LOOK STRAIGHT, INSTEAD LOOK DOWN AT THE FLOOR. STACKING A COUPLE OF PILLOWS ON THE FLOOR SO THAT YOU KNOW WHEN TO TURNAROUND (WHEN CHEST PUSHES ON PILLOWS)
6. Immediately go to lying crunches FOR THE ABS. Knees up, Lower back firmly pressed into ground. Hands by sides or lightly touching the ears (NOT HOLDING HEAD!!). Crunch slowly BY PUSHING 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). Use a rolled up towel under your low back to feel the low back pushing into the ground.
7. Static wall sit: back up against the wall, feet like squat position, 1.5 feet forward of the wall. Lower your body until your thighs are about 45 degree angle and hold as long as you can until you must sit down. Breathe!!!!!!!!!!!!!!!!!!!!!!!!!!!!
8. if you still have energy, repeat pushups to failure

mini workout: 10-15 minutes

pushups, superman back extension, body squats, crunches, repeat

super short workout

squat, push-ups, wall sit