

The Bodyhappiness 30 Day Weight Loss Challenge

- High Intensity Exercises -

Warm Up - Do this every morning before the High Intensity Workout.

Move in place

- Run in place, knees up high, for 60 counts (approx. 1 minute).

Modification

- Walk in place with your knees coming up to a 90 degree angle.
- Do this at a fast 'walking' pace, as fast as you can handle without jumping.
- Count to 60 - approx. 1 minute.

Arm Circles

- Whilst walking in place with your knees high, stretch your arms out to the sides so that you look like a 't'.
- Circle your arms forward in small circles (no bigger than the circumference of a small plate) for 30 counts and then backwards for 30 counts.

Side Lunges

- Stand with your feet wide (about 3 feet) apart, toes pointing forward.
- Bend your left knee so that your body hovers over your left foot. Keep your knee and toes facing forward.
- Move your upper body to the other side, so you're over your right foot. Alternate sides, in a flowing motion. Do for 30 counts.

Work out moves

Jumping jacks

- Stand with your feet together and jump both feet out to the sides at the same time, whilst bringing your hands over your head, so you look like an 'X'.
- Jump both feet together again and bring your arms to your side. Repeat.

Modification

- Stand with your feet together. Step one foot to the side, whilst bringing your hands over your head, so you look like an 'X'.
- Bring your hands back down and step your foot back to center. Repeat on the other side.

Plank

- Come down to the floor on your hands and toes. Place your hands directly underneath your shoulders and straighten your elbows. Your body should be in a straight line (on the diagonal) from the back of your head to your heels. Keep your knees straight. Hold this position.

Modification

- Instead of being on your toes, lower your knees to the ground and point your toes towards the ceiling, keeping your ankles together.

Side Plank

- Starting in a full plank position, turn your body towards the wall as you balance on your right hand and the outside edge of your right foot.
- Stack your legs and feet on top of each other, and reach your left arm straight up towards the ceiling.
- Hold for 10 seconds, move back to your starting position (plank), and then switch sides, turning your body towards the left and holding for 10 seconds.

Modification

- Starting in a plank position, turn your body towards the wall as you balance on your right hand and the outside edge of your right foot.
- Bend your bottom leg to a 90 degree angle to rest your lower leg on the floor. Lean on your lower leg, keep your top leg straight. Reach your left arm straight up towards the ceiling. Hold for 10 seconds, move back to your starting position (plank), and then switch sides, turning your body towards the left and holding for 10 seconds.

Mountain Climbers

- Come to the floor in a plank position. Lift your buttocks slightly so that your back is parallel with the floor.
- Bend your right knee and bring it under your body, pointing your toes, until it is under your belly. Hop back the right foot and bring the left foot forward. This is like running in a place with your hands on the floor!

Modification

- Come to the floor in a plank position. Lift your buttocks slightly so that your back is parallel with the floor. Bend your right knee and bring it under your body, pointing your toes, until it is under your belly. STEP back the right foot and bring the left foot forward.

Squat Jumps

- Stand up straight with both feet firmly grounded on the floor about hip width apart.
- Bend forward slightly so that your upper body is over your toes. Bend your knees, pushing your buttocks out behind you.
- Squat until your thighs are almost parallel to the floor. Now pop back up, lifting your feet off the floor.

Modification

- Follow the starting position as above.
- After squatting down, come back up smoothly instead of jumping up.

Speed Skaters

- Have you ever seen speed skaters compete in the olympics? That's the kind of move we're going to be channeling here, so think about getting down low and swinging your arms.
- Start with your legs slightly wider than shoulder distance apart and arms at your side. Bring your right leg behind you, pitched slightly to the left (so it's in line with your left heel) into a reverse lunge. The left knee will bend to 90 degrees.
- Swing your arms in front of the bent knee and leap (or step for low impact) the back leg forward, and front leg back, to switch sides in a skating motion. Alternate your arms as you switch sides like a speed skater.

Walking Lunges

- Stand straight with your feet shoulder width apart. Place your hands on your hips or leave them by your side.
- Take a big step forward with your right leg, putting the weight into that heel. Bend the right knee, coming down so that your thigh is parallel to the floor in a lunge position. Hold for a couple of seconds.
- Without moving the right leg, bring your left foot forward, in front of you, into the same movement on the left leg. Your left thigh should be parallel to the floor in a lunge position.
- Repeat this movement, “walking” forward as you lunge.

Burpees

- Stand with your feet shoulder width apart, weight in your heels, and your arms at your sides.
- Push your hips back, hinging your torso forward, and lower your body into a squat.
- Place your hands on the floor directly in front of you, just inside your feet. Shift your weight onto your hands and jump your feet back to softly land on your toes in a plank. Your body should form a straight line from your head to heels.
- Jump your feet back to the front so that they land just outside of your hands. Stand or jump up and reach your arms over your head.

Modification

- Step your feet back one by one instead of jumping back, and step forward as well, instead of jumping both feet at the same time.

Sit Ups

- Lie down on your back, bend your legs and put your feet flat on the floor.
- Cross your hands to opposite shoulders.
- Lift your head and shoulder blades from the ground, keep your neck straight, looking up at the ceiling. Exhale as you come up. Come back down, returning to your starting point. Inhale as you lower

Russian Twists

- Sit on the floor with your knees bent, heels on the ground. Lean back so that your torso is at a 45 degree angle to the floor creating a V shape with your torso and thighs.
- Push into your sit bones as you lift your feet from the floor (a modification would be to keep your heels on the floor), keep your knees bent.
- Reach your arms straight out in front, interlacing your fingers or clasping your hands together.
- Use your abdominals to twist to the right, then back to center, and then to the left.

Push Ups

- Come down to the floor in a plank position – on your hands and toes. For the modified push up, bring your knees to the ground.
- Keep your neck in a straight line with your back, so you are looking at the floor.
- Place your hands underneath your shoulders. Your feet (or knees) should be at about a foot apart.
- Inhale as you slowly lower your elbows outwards to bring your chest toward the ground.
- Hold for a second in the lowered position, then exhale as you push up from the ground to your starting position.

Tricep Dips

- Sit down on a bench, a sturdy chair or some steps. Place your palms next to your upper thighs with your fingers pointing forward.
- Walk your feet out and straighten your legs. Lift your bottom off the bench and hold it there with straight arms.
- Hinging at the elbow, lower your body down as far as you can go, or until your arms form a 90-degree angle.
- Push up through your palms back to start.

Jump Rope

- If you have a jump rope (and the space around you to use it) jump for 60 seconds.
- If you don't have a jump rope, jump as if you had one, circling your hands as you do.

20 Minute Interval Run

- How about a 20 minute run to change things up a little. If you're a runner, just go for it, measure your distance each time and make a note on our exercise planner. See if you can improve on your time next week!
- If you're not a runner, get yourself an interval timer app. Set it for a 1 minute warm up followed by intervals of jogging (or walking), and running at your fastest pace in alternating intervals .

Cool down & stretch

- Always finish each workout with a cool down and stretch.
- Spend 2-3 minutes stretching your calves, hamstrings, biceps and triceps. Roll down slowly to touch your toes, if you can, and roll back up slowly, allowing time to breathe.
- If you went on the 20 minute run, spend the last 2 minutes walking to bring your heart rate down, and follow with some simple stretches.

Always check with your practitioner before starting a new exercise regime.