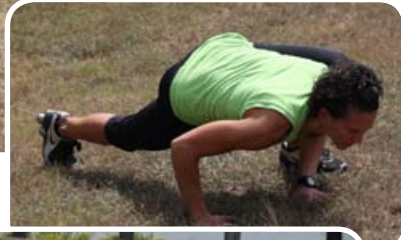


FORGET THE GYM!

Take advantage of Memphis' beautiful fall weather. This super simple program uses your own body weight, so all you need is 30 minutes and your favorite local park.



1 KICKER-PUSHUP INTO

2 ALTERNATING PLANK LIFTS (APL)
 • 30-60 sec for right leg, then go into 30 sec APLs
 • Repeat for left leg



3 STATIONARY SQUAT JUMPS INTO
 4 CLIFF SCALERS
 • 30 sec, then go into Cliff Scalers to the right for 20 sec
 • Repeat for left leg



5 ROCK N ROLL JUMPERS INTO

6 CRUNCH WITH SCISSOR KICKS
 • 30 - 60sec then go into 60 sec crunch w/ scissor kicks

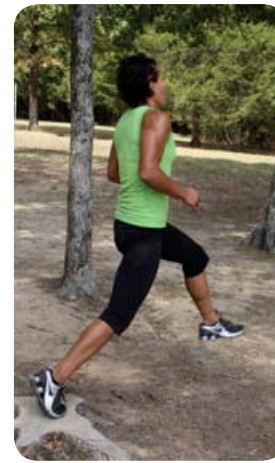


7 ALTERNATING GRIP INCLINE PULL-UP INTO

8 STAR JUMPER DUCK-N-SHUFFLE (SDS)
 • 30 sec w/ right palm back/left palm facing you, then go into 30 sec SDS
 • Switch grip position and repeat



9 SNOW ANGELS
 • 30-60 sec



10 SINGLE LEG GREGARIAN LUNGES
 • 30 sec SLGLs with right leg forward
 • Repeat for left leg



*Shoot for completing 2 - 3 rounds of entire circuit resting as needed between rounds



Becca Marino, N.S.C.A. - CPT
 Contact Becca at Fitness INSPIRATION! Inc., 901.825.4883, or online at BeccaMarinoFitnessInspiration.com.

1 KICKER-PUSHUP

Kick right leg back while descending down to push-up position. Place both hands on right side; perform push up and return to upright start position with arms extended in front & kicking rear leg upward.

2 ALTERNATING PLANK LIFTS

From plank position with strong core (hips, knees, shoulders in alignment): Alternate lifting right arm/left leg with left arm/right leg. Maintain strong core and keep hips parallel with the ground.

3 STATIONARY SQUAT JUMPS

Perform squat, and jump/explode off ground. Land with knees and ankles bent. Repeat.

4 CLIFF SCALERS

From plank position with strong core: Move laterally by reaching with right arm and right leg simultaneously, immediately followed by left arm and left leg. Repeat in opposite direction.

5 ROCK N ROLL JUMPERS

From seated position roll back, rock up, then jump off ground reaching upward (use hands to push off if necessary). Land with knees and ankles bent. Repeat.

6 CRUNCH WITH SCISSOR KICKS

On back with legs straight up in air, belly button drawn to ground, and hands behind ears, lift shoulder blades off ground, and hold.

Perform scissor motion with legs by alternating left up, right down.

7 ALTERNATING GRIP INCLINE PULL-UP

Depending on core strength choose either a bent knee or straight leg position. Grip bar with left palm up and right palm down. Maintain strong core and pull body toward bar. Return to start and repeat.

8 STAR JUMPER DUCK-N-SHUFFLE

From push-up position drive knees to chest and jump off ground. Squat low enough to shuffle/move laterally under the bar. Drop to push-up position and perform star jumper. Squat low enough to shuffle and return to opposite side.

9 SNOW ANGELS

Lie face down on ground, streamlined with arms/legs extended and close together. With head/eyes looking ahead, lift chest/arms and legs off the ground. Simultaneously move arms and legs out towards hips; pause, return, repeat.

10 SINGLE LEG GREGARIAN LUNGES

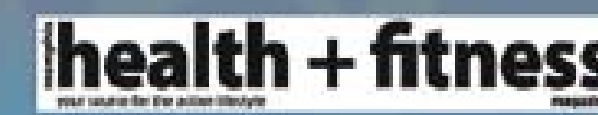
Begin in forward lunge position with rear leg slightly higher than ground (on curb, tree stump, etc.). Keep torso erect and arms moving back by sides while going into stationary lunge. Stop when rear knee lightly taps ground. Bring arms forward and jump, lifting forward foot the ground, while keeping rear foot down.

*For an extended version of this workout including additional pics, go to BeccaMarinoFitnessInspiration.com.

Oct 2nd, 2010 Bluff City Blues 100 @ MudIsland



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