

1b Fitness Challenge  
Program Template  
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**Introduction**

Complete 5 rounds as fast as you can in circuit style.

**Warmup**

3 step warm up

**Summary of program**

Activity	Type	Sets	Reps	Duration	Tempo	Intensity	Rest
Side Iso-Abs w/ Frontal Plane Movement	Exercise	5	10		fast	hard	n/a
Crunch - Supine Jackknife	Exercise	5			fast	hard	n/a
Squat - Prisoner	Exercise	5	20		fast	hard	n/a
Jumping Jacks	Exercise	5	50		fast	hard	n/a
Squat Thrusts	Exercise	5	5		fast	hard	n/a

**Cool Down:** 3 step cool down.

**Side Iso-Abs w/ Frontal Plane Movement**

Reps : 10 Sets : 5 Intensity : hard  
Tempo : 10 Rest : fast Duration :

**Movement :**

- This movement involves a side iso abs position with hip movement in the frontal plane.
- Perform a side iso abs hold.
- Looking straight ahead, move the hip complex up and down in the frontal plane (as shown).
- Ensure not to overly side flex the spine (a movement of 10-20cm or 6-8 inches is recommended).
- Repeat for desired number of reps.
- TRAINERS: Ensure the body line is straight, the visual gaze is straight ahead and that there is movement at the Lumbo Pelvic Hip complex as well as the shoulder complex.

**Preparation :**

- Maintain good posture throughout the exercise with shoulder blades retracted and depressed, good stability through the abdominal complex and neutral spine angles.
- Initiate a thorough dynamic warm up prior to starting this exercise. This engages the nervous system.



**Crunch - Supine Jackknife**

Reps : Sets : 5 Intensity : hard  
Tempo : Rest : fast Duration :

**Movement :**

- Perform a crunch with hip flexion reaching toward the toes.

**Preparation :**

- Position client supine as pictured with arms over head in neutral spine.



### **Squat - Prisoner**

Reps : 20 Sets : 5 Intensity : hard  
Tempo : 20 Rest : fast Duration :

#### **Movement :**

- Draw your belly button inward toward your spine.
- Allow yourself to lower to a squat position under control without compensation.
- Extend your hips, knees and ankles to a standing position.

#### **Preparation :**

- Stand in proper alignment , at shoulder width, with hands behind the head, fingers interlocked (DO NOT PRESS INTO THE HEAD/NECK).



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### **Jumping Jacks**

Reps : 50 Sets : 5 Intensity : hard  
Tempo : 50 Rest : fast Duration :

#### **Movement :**

- Jump your feet laterally and back in while spreading your hands outward to the sides and over head in a constant motion.

#### **Preparation :**

- Stand upright.

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### **Squat Thrusts**

Reps : 5 Sets : 5 Intensity : hard  
Tempo : 5 Rest : fast Duration :

#### **Movement :**

- Bring knees to chest and then jump forcefully up in the air, arms to the sky, as if performing a jump squat.
- Land in a stable position on the mid-point of the feet and quickly return to a push up position by kicking out legs into full extension and dropping onto hands.
- Repeat as quickly as can be controlled.

#### **Preparation :**

- Begin in a push up position with legs fully extended, glutes contracted, and back flat with abdominals drawn-in.

