

Virtual Workout Tips Workout 3

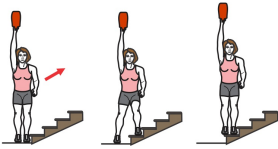
1A : Overhead Jug Carry Climb Stairs



- Standing, hold a jug (water, detergent) in neutral grip (palm of hand towards you). Raise the jug inverted at arm's length above your head. While holding the jug above your shoulder, climb the stairs. Keep your head straight and your body tight.

Week	Sets	rep.	Note
1	1	6	Go Up Stairs Facing Forward and follow with next movement

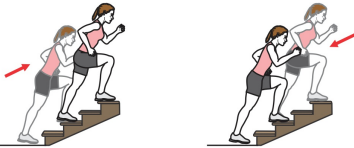
1B : Overhead Jug Carry Climb Stairs Sideways



- Standing, hold a jug (water, detergent) in neutral grip (palm of hand towards you). Raise the jug inverted at arm's length above your head. While holding the jug above your shoulder, climb the stairs sideways. Keep your head straight and your body tight.

Week	Sets	rep.	Note
1	1	6	Go Down Stairs Sideways as shown and then go back up as in the first movement.

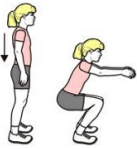
2A : Climb & Down Backwards Stairs 2 steps



- Going up and down (backwards) the stairs two steps at a time by moving your arms. Keep your head above your feet.

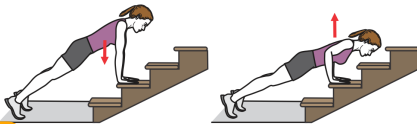
Week	Sets	rep.	Note
1	1	6	Lunge Up, 2 Squats, Lunge Backwards holding to rail, 2 Squats at the bottom

2B : Free Squat



- The feet shoulder width apart, go down until your knees are at 90°. Raise your arms at shoulder height.

3A : Stairs Push-up Hands Up



- In plank position, hands on a step at the upper part of the stairs, do "Push-ups". Keep your back straight, your head straight and your abs tight.

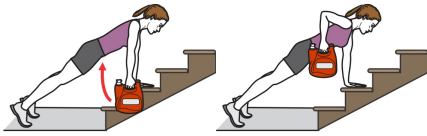
Week	Sets	rep.	Note
1	1	12	If more intensity is needed, flip the position around as shown below

3B : Stairs Push-up Feet Up



- In plank position, feet on a step at the upper part of the stairs, do "Push-ups". Keep your back straight, your head straight and your abs tight.

4A : Plank Jug Row in Stairs

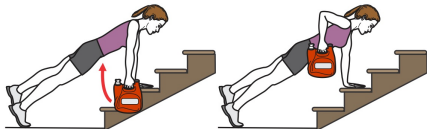


- In plank position, feet wider than your shoulders, place one hand on one step and in the other hold a jug (water, detergent) in neutral grip (palm of hand towards you). Pull the jug upwards, keeping the elbow close to you. Keep your head straight, your abs tight and your back straight.

Week	Sets	rep.	Note
1	1	12	If more intensity is needed, raise one leg up as shown bellow.

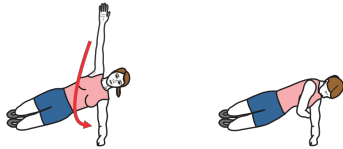


4B : Plank Jug Row in Stairs 1 Foot Up



- In plank position, place one hand on one step and in the other hold a jug (water, detergent) in neutral grip (palm of hand towards you). Raise the foot on the side of the supporting hand. Pull the jug upwards, keeping the elbow close to you. Keep your head straight, your abs tight and your back straight.

5 : Elbow Knee Side Plank Trunk Rotation



- In side plank position on the elbow and knee, your arm in a vertical position, turn the shoulders while crossing the hand on the other side of your body. Return to starting position and repeat. Keep your abs tight.

Week	Sets	rep.	Note
1	1	12	After this movement, take a small breather and repeat the workout as allowed for a 30 min session