

Power

Power = EXPLOSIVE movements! There are only 6 moves in this workout ... but each is here to help you build the power ... and explode it!

Workout Summary:

NOTE: Be sure to start with a warm-up, and end with a cool-down stretch.

There are only 6 moves in this workout:

1. Power knees
2. Squat, squat JUMP!
3. Mountain Climbers
4. Burpee
5. Power push up
6. Lunge, Plyo lunge

3 rounds of work:

1. Round ONE is 60:60 (60 seconds work: 60 seconds rest)
2. Round TWO is 45:30 (45 seconds work: 30 seconds rest)
3. Round THREE is 30:15 (30 seconds work: 15 seconds rest)

Supporting Videos:

Follow along with the full workout video here: <https://vimeo.com/showcase/7997134/video/498501169>

Watch the summary video for this workout: <https://vimeo.com/499383992/2dde572095>

Watch the HOW TO videos for each move:

<https://youtube.com/playlist?list=PLFyhsmboBsKaipxa1i5YIEa2CRST8AjRX>

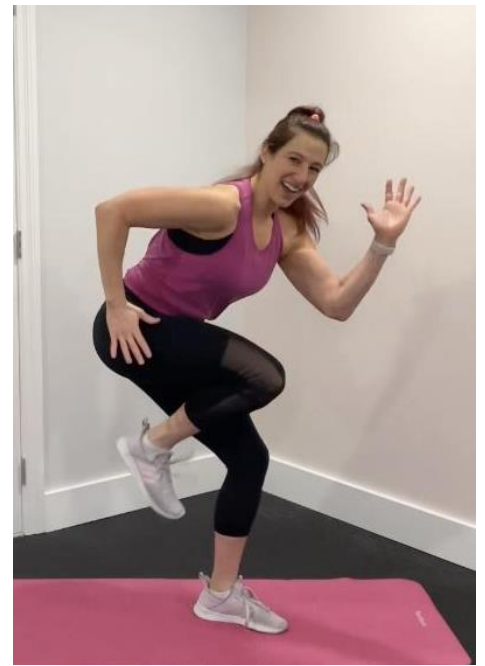
More details on HOW-TO's for each of the moves ...

Power knees

Watch the How-To video for Power Knees: <https://youtu.be/WOmSldvY8b8>

- Start in a mini lunge position, with your weight over the front leg, your front knee slightly bent, and keeping your knee over the ankle

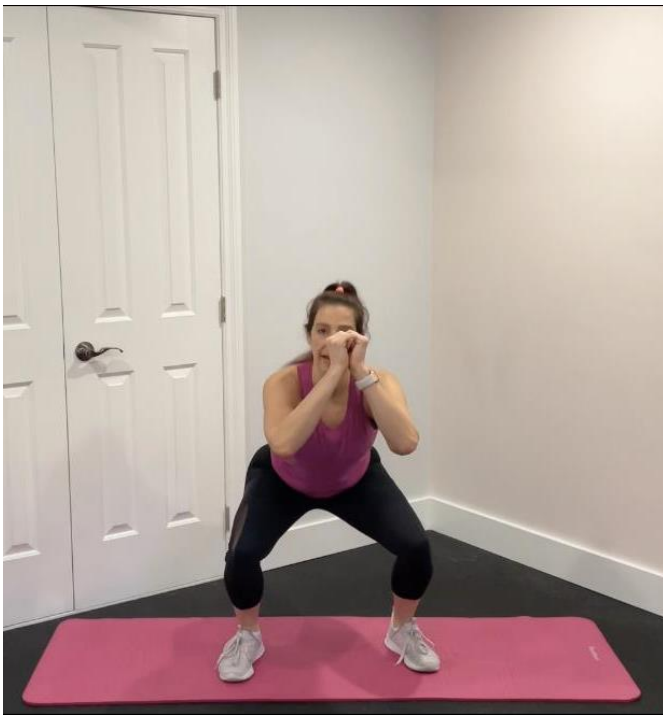
- With power, purpose, and intensity, pull the back leg in towards your chest - then lower it back.
- Just as your toes touch the ground, the knee pulls back up again.
- Use strong, functional arms to help build the power to pull the knee up.
- ½ the workout time is on 1 leg, then change to the other side



Squat, Squat Jump!

Watch the How-To video for this move: <https://youtu.be/F0Wp56NHJe0>

- Plant your feet about hip width apart and lift your chest.
- Bend your knees to squat down, ensuring your hips go back and knees stay behind toes.
- Pushing through your heels, stand back up, tucking your booty under.
- Then lower again back into another squat.
- From the bottom of the squat, load up the power - and explode UP with into a full JUMP, or into a calf raise (for low impact)
- Be sure when you land the jump you land back in another squat.



Mountain Climbers

Watch the How-To video for this move: <https://youtu.be/LwWPdnawpSY>

- Begin in a high plank position, with your shoulders over your wrists, eye gaze forward, core braced and hips tucked under.
- Pull in 1 leg, trying to get the knee as close to your chin as possible
- Keep your core braced, and strong & controlled through the upper body so there's limited movement.
- Replace that leg and repeat with the other.
- Control your speed - start slow and increase to a run.



Burpee

Watch the How-To video for burpees: <https://youtu.be/dDTjXwAfSVY>

- The Burpee - getting down and then back up again.
- Be sure to hit all 3 positions
 - 1. squat (using your legs to lower, and reaching down to the ground with your hands) ..
 - 2. then jump or step back into plank ...
 - 3. then again jump or step back into a deep squat ..

- Finish by pulling yourself back to standing.
- Intensifications - add a push up in the plank .. and a tuck jump at the top.
- Modifications - step through the moves instead of jumping .. and you can even elevate your hands on a sturdy chair.



Power Push Up

Watch the Power Push up How-To video: <https://youtu.be/-Xq52sX2Hzw>

- Start in a high plank position with your chest facing down, palms flat on the floor and slightly more than shoulder-width apart. Try to keep your shoulders down, neck long, and elbows out at a 45 degree angle.
- Bend your elbows lowering your body towards the ground, leading with your chest. Lower down SLOW - for 3 counts.
- Then with POWER, push your body upwards and straighten your arms.

- Repeat - ensuring you're leading with your chest, keeping your shoulders down & neck long, and your elbows at about a 45 degree angle. Slow down, power UP!



Lunge, Plyo Lunge

Watch the How-To video for this move: <https://youtu.be/CWudryEFZks>

- Stand with feet together, about hip width apart.
- Step back with your right leg and lower your hips so that your left thigh (front leg) becomes parallel to the floor keeping your left knee positioned directly over your ankle. Focus on bending the back leg towards the floor - keeping your body right in the center between your legs.
- Straighten your legs to pulse up, and lower back down again to load up the POWER!
- Then explode UP changing your lunge legs in mid-air. Land in a lunge position with your other leg in front, and repeat from the pulse.

- Modification - stay low impact by taking the jump out. Simply do 2 lunges on 1 leg, then step into the other.

