

# Trail Fit

## Without the Trails

complete 3-5 Sets



Workout 6

1

### BIRD DOG X 10 EACH SIDE

1. Begin on all fours in the tabletop position.
2. Raise your right arm and left leg, keeping your shoulders and hips parallel to the floor. Tuck your chin into your chest to gaze down at the floor.
3. Hold this position for a few seconds, then lower back down to the starting position.
4. Raise your left arm and right leg, holding this position for a few seconds.
5. Return to the starting position.



2

### BACK LUNGE WITH KICK X 10 EACH SIDE

1. Keeping your abs tight, step back with your right foot and lower into a reverse lunge.
2. Squeeze your butt as you push down through your left heel and kick your right leg in front of you as you straighten your left leg.
3. That's one rep. Repeat 10 each side.



3

### BRIDGE X 20 SECONDS

1. Lie down on your back.
2. Lift your hips toward the ceiling.
3. Keep your knees and thighs parallel.
4. Hold for 20 seconds.



4

### BUTT KICKS X 20 SECONDS

1. Start standing tall and bring one heel off the floor towards your glute (butt), the opposite hand comes up towards your shoulder like running arms.
2. Keep your shoulders back, your abs tight, to open up your chest and to land slowly on the balls of your feet.
3. Then switch to the other side.



5

### LEG RAISES X 20

1. Place your hands underneath your lower back and glutes so your pelvis is supported.
2. Begin to raise your legs toward the ceiling, pressing your thighs together and keeping the legs straight (legs bent will be easier).
3. Lift until your hips are fully flexed and you can't go any higher with straight legs, then lower back down and repeat x 20.



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