

Trail Fit

Without the Trails

complete 3-5 Sets



Workout 5

1

JUMPING JACKS X 20

1. Stand upright with your legs together, arms at your sides.
2. Bend your knees slightly, and jump into the air.
3. As you jump, spread your legs to be about shoulder-width apart. Stretch your arms out and over your head.
4. Jump back to starting position.
5. Repeat.



2

FLOOR DIP X 10

1. Sit on the floor with your knees bent and hands at your sides, directly underneath your shoulders.
2. Hoist your hips off the floor, like a crab.
3. Next, bend your elbows and lower yourself toward the floor (without touching it), then straighten your arms.



3

SINGLE LEG BUTT LIFT X 10 EACH SIDE

1. Lie face-up with your knees bent feet flat on the ground.
2. Rest your arms at your side movements, lift your hips up into your body so that it forms a straight line from your shoulder to knee.
3. Extend your right leg straight out so your thighs are even.
4. Then lower your hips but don't touch the ground.
5. Repeat other side.



4

SPRINT ON THE SPOT FOR 20 SECONDS

1. Stand with your feet hip-width apart and arms by your sides. Keep your back straight and head up.
2. Begin by running on the spot, then gradually increase your speed until you are sprinting. Pump your arms as fast as you can.
3. Continue for 20 seconds.



5

SCISSOR ABS X 20

1. Lie flat on your back.
2. Extend your arms so they're against the sides of your body with your palms pressing into the floor, or place your hands under the small of your back (makes it easier).
3. Then slowly scissor your legs, over and under each other 20 times.



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