

SOO Live Practice Exercises

Warm Up

Perform each movement for 30 seconds then take 30 seconds rest before beginning the second movement

1. Jogging on the spot
2. Jumping Jacks
3. High Knees
4. Air Squats
5. Lunges
6. Plank
7. Push Ups

Workout

Pick Your Workout

1. 5 x 10 repetitions with 30 seconds to 1 minute rest
2. 3 x 20 repetitions with 30 seconds to 1 minute rest
3. 2 x 30 repetitions with 1 minute to 2 minutes rest
4. 3 x 1 minute with 1 minute rest
5. 8 x 30 seconds with 30 seconds rest

Pick Your Exercises – 2 from each category

Abdominals

1. Ruts (Roll Up and Tucks) <https://gymbunnyamber.tumblr.com/post/154418838977>
2. Plank <https://cdn.lifehack.org/wp-content/uploads/2017/08/11072609/plank.jpg>
3. Crunches <https://i.pinimg.com/originals/04/f6/55/04f655fb65fb4ddb839c37d09bfff9a.gif>
4. Leg Raises <https://media.giphy.com/media/chzDPBVVEynCIYS2H9/giphy.gif>
5. Russian Twists <https://hips.hearstapps.com/hmg-prod.s3.amazonaws.com/images/766/fitgif-friday-weighted-russian-twist-slider-thumbnail-override-1515520081.gif>

Chest + Arms

1. Push Up https://media.self.com/photos/59a6e77a912f8b75cea00753/master/w_1600%2Cc_limit/13.gif
2. Chair Dip <https://thumbs.gfycat.com/GlossyMealyDiscus-small.gif>
3. Plank Ups https://media.self.com/photos/57eacd33fc07bf4a790d3269/master/w_1600%2Cc_limit/Plank_Ups-new.gif
4. Shoulder Taps https://media.self.com/photos/5810d4f649a11728733b6125/master/w_1600%2Cc_limit/PLAN_K_TAPS.gif
5. YTI's <https://i.pinimg.com/originals/4a/29/d7/4a29d784f82e5a5f771f31af76e691c2.png>

Back

1. Inverted Row <https://hips.hearstapps.com/hmg-prod.s3.amazonaws.com/images/workouts/2016/03/invertedrow-1457101739.gif>
2. One Arm Row <https://thumbs.gfycat.com/AliveDeterminedCommongonolek-small.gif>
3. Reverse Flys https://thumbs.gfycat.com/DeliciousUnfinishedCleanerwrasse-size_restricted.gif
4. Superman Raise <https://www.gymguider.com/wp-content/uploads/2019/12/Straight-Arm-Fly.gif>
5. Pull Ups https://thumbs.gfycat.com/LonelyBlondEstuarinecrocodile-size_restricted.gif

Legs

1. Split Squat Jumps <https://media1.giphy.com/media/iIHxr8vnB8CTC/giphy.gif>
2. Air Squats https://media.self.com/photos/59c81783bdd6c02d85791296/master/w_1600%2Cc_limit/Fitness_08.gif
3. Jump Squats https://media.self.com/photos/57d8843650778cef321a440a/master/w_1600%2Cc_limit/SQUAT_JUMP.gif
4. Glute Bridge Lunges https://media.self.com/photos/57aa0081d077f2273cf20473/master/w_1600%2Cc_limit/HIP_BRIDGE.gif
5. Lunges https://media.self.com/photos/59c81a69bdd6c02d8579129c/master/w_1600%2Cc_limit/Fitness_06.gif

Bonus!

1. Burpees https://media.self.com/photos/5943fddc4e4e9b6122499b42/master/w_1600%2Cc_limit/burpees6.gif
2. Tuck Jumps https://thumbs.gfycat.com/DefenselessGenuineAfricanjacana-size_restricted.gif
3. Mountain Climbers https://media.self.com/photos/5817a88e6839af65340d5371/master/w_1600%2Cc_limit/MOUNTAIN_CLIMBERS.gif
4. Side Plank Dips https://media.self.com/photos/59c81ac4ea81f306765b2888/master/w_1600%2Cc_limit/Untitled-6.gif
5. One Leg Balance Taps https://media.self.com/photos/59c81ae041062372cfaba038/master/w_1600%2Cc_limit/Fitness_15.gif