

VITALIZE WITH JORDAN



Hello Team!

I hope you all are well and staying safe!

I AM FREEEEEE OF PLEURISY!!

I have 3 rounds with 3 exercises for the first 2 rounds and 4 exercises for the last round.

You will do all the exercises in the rounds back-to-back 3 times with a 60 second rest at the end of each round

For this class you will only need Cans, the canned Jackfruit company refuses to acknowledge my advertising of their product so I've given up hope on becoming a Jackfruit rep! Therefore, any cans can be used in this class 😊



Feel free to email me questions if I didn't explain it well enough!

Warm Up

The warmup is comprised of Marching High Knees, Front Leg Swing/Lateral Leg Swing and Chest Swings.

The bulk of the warmup is from the high knees



Marching High Knee – 45 Seconds Long both legs

- Stand nice and tall
- Lift one leg until your thigh is roughly parallel to the ground
- Switch between legs and start marching!



Front Leg Swing – 20 Seconds per leg

- Hands on hip or hold something for balance
- Swing one leg as high as you can
- Keep hips loose and relaxed
- Allow leg to follow through behind you
- Switch legs, 20 more seconds



Lateral Leg Swing – 20 Seconds per leg

- Hands on hip or hold something for balance
- The swinging leg hovers in front of the stationary leg
- Swing your leg “laterally” (to the side) of your body
- Swing as high as you can without discomfort



Chest Swings – 30 seconds both arms

- Standing nice and tall
- Start with your arms crossed over each other
- Swing arms away from you as far as you can without discomfort

Swing back into starting position and repeat

Workout Time

Round 1 – Canned Air Punches, Shoulder Circles, Reverse Lunge & Curls

Canned Air Punch – 30 Reps

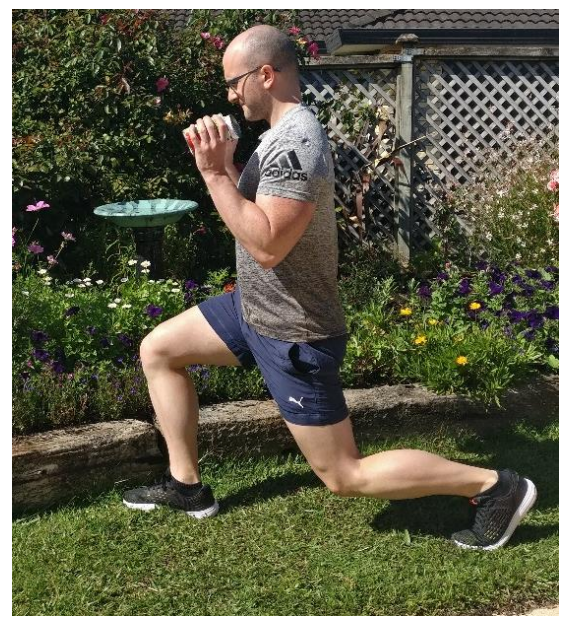


- Stand at hip width
- Have both arms up by your shoulders
- “Punch” the air with 1 arm then switch arms for the 30 reps (15 a side)

Shoulder Circles – 30 Revolutions



- Sorry, there was no good way to take this picture and by this point the bees are starting to attack so I had to move quick
- Stand with feet shoulder width apart
- Lift arms until arms are parallel to the ground
- Drawing circles with your arms as one unit, imagine there is no elbow joint and your arm is just one long limb
- When you’ve drawn one “circle” you have done 1 rep.



Stand shoulder width apart, step backwards and drop back knee towards the ground and pause in this position. While pausing do a bicep curl with your canned tomatoes then return to the starting position and switch legs

Round 2 – Squat Curl & Press, Squat HOLD & Ski, Shoulder Taps

Squat Curl & Press – 15 Reps



Squat down pausing at the bottom with back straight and chest up. Whilst you are in the bottom of the movement do a bicep curl then return to standing position and press the cans over head

Squat Hold & Skiing – 30 Seconds



Squat down and hold for 30 seconds. Whilst holding this position you lift your elbows until they're in line with your back, this is the starting position. Hold your elbows in this position and "ski" or kick back your arms until they lock out and return them back to starting position

Continue Round 2 on next page, not enough space!

Round 2 Continued

Shoulder Taps – 20 Repetitions



Shoulder Taps

1 – Start by getting onto the floor, onto your hands with arms straight and either with knees on or off the floor (off the floor is harder)

2 – trying to keep your body as neutral as possible (bum not too high in the air and back straight) lift your left arm and slowly touch your right shoulder.

3 – Return left hand to the floor, lift right hand from the floor and touch your left shoulder

Try control the speeds as much as you can, the slower you got the harder the exercise will be!

Round 3 – Press Ups, Canned Back Fly, Lying Leg Raises, Prone Hold/Plank

Press Ups – 10-15 Repetitions



- 1 – Place your hands on the ground (just outside of shoulder width) with your back straight, hips not lifted or sagging down and your feet roughly shoulder width apart
 - 2 – Eyes looking at the ground so you can keep the natural curve of your back
 - 3 – Lower yourself down toward the ground slowly (don't just drop down) until your elbows are roughly bent 90-degrees (or as low as you can get) and hold for a moment
 - 4 – Push through your palms to bring yourself back up to the starting position
- TIP – feel free to go onto your knees rather than your feet to make it a bit easier.

Canned Jackfruit Back Fly – 15 Repetitions



- 1 – Grab a pair of cans (obviously needs to be Jackfruit & Lentils) and bend forward at your hips until your chest is nearly parallel with the ground
- 2 – Let the cans hang straight down from your shoulders with your palms facing each other and elbows slightly bent
- 3 – Keeping your back straight raise your arms out to your sides until they're in line with your body (don't change the bend in your elbows). Pause for a moment then return back to the starting position

Lying Leg Raises – 15-30 Reps (do what you can!)



- Lie flat on the floor, face up, leg extended
- Place your hands on your stomach or underneath your lower back
- Begin by raising your legs from the floor to the ceiling (or as high as your flexibility allows) keeping your legs straight
- Lower back down to the floor but just before touching the ground you lift your legs back up again in the same motion as above.
- The lower you can get your feet without touching the ground the harder the exercises.
- You can limit the range as you need if the full range is a bit too difficult

Plank (also known as Prone Hold) 30-60 seconds



- Place your forearms on the floor with your elbows aligned so they're slightly below shoulder level
- Keeping your back flat, squeeze your glutes and hold this position between 30 – 60 seconds
- If this feels really tough on your arms or lower back you can change the exercise so your knees are now on the floor too, just remember to keep your back straight

Workout Done! On to Stretches

Stretches

Stretches: Hamstrings, Glutes, Quads and Chest/Shoulders

Hold each stretch for 20 seconds



Hamstrings

- Sit on floor with legs straight
- Keep chest high and back straight
- Reach forward towards your toes and stop when you feel your hamstrings starting to stretch, hold this position.

Glutes



- Lie back on the floor
- lift one leg off the ground and pull it towards your chest until you can feel your glutes stretching

if you do not feel the stretch and cannot lift any higher try and pull the lifted leg towards the OPPOSITE shoulder

Quads



- Hold onto your spade (no other objects will work, only spade) for balance
- Kick back one leg and hold onto the top of your foot
- Pull the foot towards your glutes as much as you can until you feel the front of the thigh stretching.
- Also I was joking about the spade thing, anything will work..

Chest



- You'll need an object/wall/post that is taller than your shoulder height
- Lift arm up to shoulder height, position your palm and the inside of your forearm against the wall
- Gently turn your torso away from that arm until you feel your chest starting to stretch

Finished!

Let me know if you need any more explanation or help with anything training-wise (or anything at all really)!

Remember to email me if you need me!

Stay Safe!

Jordan