



## **WORKOUT ROUTINES**

Beko Kaygee

Please perform 10 – 20 reps of each exercise to complete one 'set' and complete 3 'sets' in total for each workout routine.

### **Workout Routine One**

#### **Core Strength**

1. Lying Side Crunch
2. Campbell Crunch With Walking Hands/ Feet Progressions
3. Campbell Crunch With Single Extended Limb progressions
4. Campbell Crunch With Alternate Knee to Chest Variation
5. Standing Trunk Raises
6. Single Leg Balance + Multi-planar Variations

### **Workout Routine Two**

#### **Core Combat**

1. Side Kick Preparation Exercise + Progression
2. Boxing Combo: Jab, Cross, Hook, Hook
3. Tai Chi/ Chi King: 'Embrace Tigers Head'
4. Tai Chi: 'Coiled Dragon'
5. Capoeira: Esquiva and Ginga
6. Capoeira: Esquiva Lateral +/- Ginga

### **Workout Routine Three**

#### **Core Yogi**

1. Yoga: Lying Single Leg Raises
2. Lying Knee to Chest + Arm Resistance
3. Modified Reverse Torso Raise\*
4. Yoga: 'Half Locust' (Prone Single Leg Raise)
5. Yoga: 'Half Moon' Pose
6. Yoga: 'Downward Facing Dog' Pose + Single Knee to Chest